Join Happy Couples Club

opposite by nature, together by love

DR. ABRAR MULTANI

Join Happy Couples Club

Opposite by nature, together by love

Dr. Abrar Multani

Mandrake Publication

Corporate Office

A-6 BDA Colony, Koh e fiza,
Bhopal (M.P.) 462001

Phone No. +91 7898525131

www.mandrakepublications.com

Email : mandrakepublications@gmail.com

English Translation of *Kyun Prem ki Shuruat Purush Karte Hain aur use nibhati mahilayen hain?* by Dr. Abrar Multani.

First Edition - 2020

This edition copyright © Dr. Abrar Multani 2019

Translated by Sana Tamkeen

eBook Composed by : bonzuriproject.com

All rights reserved. No part of this publication may be reproduced in any form or by any means without the prior written permission of the publishers.

Dedication

This book is dedicated to all those romantic couples, who have made their own heaven on earth by nurturing the existence of Love. This world would have been a deserted hell, if there was no true love between them.

Content

Corporate Office
Dedication
Content
Why I Wrote This Book…?
Inspiration
“Husband-Wife are each other’s attire”
Beginning of a Love Story
Who takes the initiative?
First Phase
‘Eyes that Hypnotize’
Second Phase
Smile
Third Phase
Dressing up
Fourth Phase
Conversation
Fifth Phase
The Touch
Love Chemicals or Love Harmones
Which qualities attract us?
Love or Obsession?
Why Are Men And Women Different?
Which Part of Brain Does What?
Conceptual Differences Between Men & Women

Men are competitive and Women are supportive

Men want to solve the problem, when all women need support and sympathy

Hormones Game

"We waste our time in looking for an ideal lover instead of creating an ideal love?"

What Does Sex Mean For Men And Women?

What do women look for in men? In order of preference:

Men believe that women look for following things in a man:

What do men look for in women?- In sequence of preference

How Important Is Sex For Men And Women?

Why Extra-marital affairs occur

Real reason behind sex problems among couples

Can Man And Woman Be Friends?

"A small hope is enough for love to be born"

Why Do Women Speak A Lot?

"Be each other's rainbow after every storm"

To Harmonize The Relationship, Men Should Start Listening And Women Should Stop Advising

How can a woman win her husband's heart?

Some easy ways to win husband's heart-

How can a man win wife's heart?

"The most precious thing in this world for a man is a woman's heart"

Some simple steps to win a woman's heart

Touch - Lifeline of Love

Gifts for Man and Woman

Gifts are the most obvious expression of Love

Your presence is your biggest gift to your partner

Be Mindful!

"You can give without love but you cannot love without giving"

Arguments are Avoidable

"Two people are required for an argument…but luckily only one is needed to stop it."

Common reasons of argument

A. Man's perspective-

Last but Important Rule to Remember:

"Finding a good partner doesn't make the marriage successful…being a good partner does".

"Dew of Love"

Common Mistakes of Men

Common Mistake of Women

"Dew of Love"

Because it's me, Ann!

Deseret News

How can husband and wife keep the spark of love alive in their relationship?

Be Each Other's Need

Freedom cannot be achieved without chains of love

Four Measures to Keep Love Alive

Keep Following points in mind while talking

Last But Not The Least :

You Don't Keep Account of Mistakes in Love

"Dew of Love"

Lesson

Vote of Thanks

My Heartfelt Thanks to All of You!

Writer's Introduction

Contact Details of Dr. Abrar Multani

Dear Dr. Abrar Multani….

I have read your manuscript before. It is a super-constructive effort to develop a better understanding of love and marriage.

Love is a mysterious truth…undefined too, because what can be defined is not love...! It is divine feeling, which is immortal due to its mysterious nature. A loving heart is the pre-requisite for being considered human. It is the flame of love that lightens up even the darkest of the nights.

Institutions are against love because it gives a logical perspective, an opportunity to find deeper meaning of Truth… And all 'Khaap' like institutions are scared of this glowing light of truth. They are the king of darkness. The glow of love gives power to see through surface

Marriage is a guerilla war. One can hide behind the hill of weaknesses after attacking. Marriage transforms both the persons involved, and acceptance of this transformation is what nurtures the relationship.

—Jaiprakash Chouksey
—Sr. Journalist, Writer and Film Critic

Why I Wrote This Book…?

A disease called ‘Paris Syndrome’ is common among Japanese tourists. Symptoms of this disease appear as depression and nausea in the patient. Cause of this disease is their disappointment that they didn’t find Paris as beautiful and romantic as they expected it to be. The thoughts of disappointment cause emotional turbulence in them; in other words their brain refuses to accept that Paris is not as beautiful and romantic, or their high expectations from Paris remain unmet and unfulfilled. This sense of disappointment and unfulfilled expectations make the tourists patients of ‘The Paris Syndrome’. They can avoid this disease if only they learn to accept the reality of Paris.

Romantic relationships and marriage thereafter leave couples disillusioned big

time and the reality of marriage hits them hard. They get shocked by the experience of a life that is not all rosy and romantic after marriage as they had expected it to be. The concepts of ‘Prince Charming’ and ‘Dream Girl’ start appearing like a fairy tale to them.

Across the world, nearly 50% of marriages end in divorce, and after that people either remain single all their lives fearing new beginnings or start their search for

a new partner repeating the same cycle of relationship, marriage, conflict and divorce. Success rate of marriages on the basis of love is really low. People often stay in marriages for their own compelling reasons such as kids, social background, fear of new risks etc. But love can be kept alive even after marriage, only with the simple acceptance of the fact that “Men and Women are different

from each other".

Physically, psychologically, mentally, biologically, men and women are different on all levels. Neither men are superior to women, nor are women better than men.

This book intends to elaborate on this simple fact and strengthen your love relationship by bringing peace and harmony to it. Get ready to reignite the romance in your life and relationship.

Inspiration

“Husband-Wife are each other’s attire”

-Holy Quran
(Chapter-9, Verse- 187)

There cannot be a description more beautiful of a husband-wife’s relationship than this. Attire/outfit/clothing covers the body, protects the person from adverse effects of season and external environment, and also makes us look good by hiding flaws and enhancing appealing features of the body. But what this verse actually highlights is- husband and wife are as close to each other as an attire is to the body. This level of trust and closeness is an essential factor for a successful marriage. The relationship between a husband and his wife should be such that both of them feel safe to express their deepest emotions with each other and accept each other with all their flaws and admirable aspects.

“Marriage unites their bodies and souls.
They become family.”

Bible Matthew 19:5

Beginning of a Love Story

"You cannot convey love and affection
to others without completely expressing it"
—Swat Modern

We all have grown up thinking that there is special someone for each one of us in the world, who is supposed to be the partner of life. When we find someone who seems like our life partner, we make various efforts to attract that person. Among all the species, male and female counterparts attract each other for romance and intimacy. They try to attract each other through particular features, actions and body language.

Body language is an elementary basic part of the 'love' appeal, because body language reveals and expresses our availability, attraction, excitement, willingness and tenderness. Some of these signals through body language are given deliberately, while others are expressed involuntarily. How we learn this body language of expression – is yet to be found, but some researches indicate that this ability is inborn. It is not still clear that how do we learn these signals But now researches tell us that some of them are in born.

"When a person comes in contact with the person of opposite sex, his/her body undergoes some changes. Muscles tighten, the swelling around eyes disappears chest out, tummy in, body posture straightens up and the person begins to look younger"- Dr. Albert Shephlon.

Dr. Albert Shephlon observed that, "man-woman both had

confident body posture, enthusiastic vibe and lively attitude, which reflected their competence as a partner. Men stood straight and flexed to make their chest appear broader and to make their overall appearance more dominant and masculine. Woman interested would enhance her breasts, tilt her head, play with her hair and place her wrist forward to reflect the state of surrender".

In animal kingdom as well, every species has some definite and recognized style of sex appeal. For example, among many species of birds, male walks seductively in front of the female while making specific sounds, open their wings and try to attract their counterpart through subtle bodily movements, while the female shows negligible interest. We humans have similar tendencies.

Who takes the initiative?

Even science approves 'Love at first sight', which means many couples fall in love with each other at first sight. Women give subtle hints to men through their eyes, body language and facial expressions, to which men respond. Any man, who walks up to a woman to talk, often does it in response to the woman's subtle hints through body language. Apparently men takes the first step, gives first clear signal of interest, women never take the initiative. This is why it is commonly said that men take the first step towards love. Remember the song from movie 'Ram Teri Ganga Maili'?, the lyrics of which go as- "Koi Hasina Kadam Pehle Uthati Nahi…" (A beautiful lady never takes the first step). The lyricist of this song Ravindra Jain is visually impaired by birth…but still his words are so relevant and realistic.

Men find it difficult to understand these delicate hints. Research shows that men are often mistaken friendly behaviour and smiles as love or sex appeal, reason being, men view the world sexually and have 10 to 20 times more testosterone than women, that's why their view of seeing the world is only sex.

All creatures have a special process of attraction with specific phases. A man comes, picks a woman and takes her along- No! That is not how it works. Women and Men exchange some hints of attraction, indications of love and affection or sexual appeal, and they gradually come together. When we come across an attractive person, we humans pass through these five phases:-

First Phase

‘Eyes that Hypnotize’

When women come across a prospective counterpart, they analyze the person and send subtle signals through their eyes.

She scans her surroundings and identifies the one she likes the most. She waits for that person to look at her, and after eye contact of about five seconds, she withdraws. Now the man stays in hope of having another eye contact with her, he literally waits for her to look at him again. Women generally have to do this three times on an average for a common man to pick up the hint. “This process of eye contact is repeated several times, which leads to the beginning of love”. This is the reason why it is said- Love makes its way to your heart through eyes.

Second Phase

Smile

When a woman successfully completes the first phase and is sure that the man is competent enough, she begins the second phase- ‘Smiling’. She smiles at the man…once or several times. This smile is incomplete as it is intended to signal the man to approach her. This is the reason why they say Love begins with a smile.

Third Phase

Dressing up

When she completes the second phases of attraction successfully, she enters the third phase of ‘dressing-up attractively’. In this phase, she plays with her hair, adjusts her dress, softly licks her lips, and adjusts her jewelry to get attention.

When a man notices a woman do all this, he too adjusts his clothes, runs his hands through his hair, shrugs offshoulders, adjusts his belt and gently moves towards the lady while keeping a check on his surroundings.

Fourth Phase

Conversation

When a man approaches the woman and they start talking, he usually starts the conversation with common lines such as- “Have I seen you somewhere before? Do you often visit that shopping mall? Have we met at some party before?...” etc. When the woman replies affirmatively, the conversation continues. The man compliments her saying- “You are looking beautiful” or “This colour looks great on

you" or "You have gorgeous hair" or "You have stunning eyes".

Fifth Phase

The Touch

When the conversation goes well, the man or the woman try to touch each other, often the woman takes the lead here. The woman consciously or unconsciously touches the man while talking. Touching shoulders or arms shows growing intimacy.

These are the most important five phases of 'love affair', from where the seed of love begins to sprout. When a man and a woman understand these five phases and respond in affirmation sync, they become a couple. Those who do not understand this find it difficult to find partner or get into a relationship.

• • •

Reference Book :
"Body Language" –Allan Pease,
"Body Language" –Harvey Segler,
"What Every Body is Saying" –Joe Navarro,
"How to Analyze People" –A. McCoy,
"Body Language Secrets" –G. Williams.

Love Chemicals or Love Harmones

"When you are loved intensely by someone,
you feel empowered and when you love someone intensely, you find courage"

—Lao Tzu

When we fall in love, we often experience peace. It is almost intoxicating. Everything seems beautiful, our stress disappears, and we reach a new level of passion and craziness.

People say that we love from our heart. Our heartbeat goes faster when we see someone special. But do you know the fact that love actually begins from the mind and not the heart? Yes! When we start liking someone, so many chemicals are released in our brain that it becomes a cocktail of various emotions such as excitement, joy, intimacy and peace.

If you feel this giddy giggly feeling in your heart when you look at 'someone', know that the crazy game of chemicals has begun in your mind. You feel happy to think about this person. And the secret of this feeling is hidden in 'Dopamine Hormone'.

Dopamine is a neurotransmitter, which is also known as the 'feel good hormone'. Every time you think of this person you like, dopamine is released.

You may have had such experiences, when you think about your first meeting and you become a little nervous, heartbeat goes

faster. If this is happening to you, you should know that these are all games of your mind. Initially in a romantic relationship, when you think of meeting your partner, you become all nervous or feel adventurous. Your brain sends a signal to the adrenal gland, which is situated above the kidneys. On receiving the signal, adrenaline, apinefrine, norapinefrin hormones further boost this stimulus. Like Dopamine, Norapinefrine is also a 'feel good' hormone, which further enhances the beautiful feeling of love. And you start feeling intense attraction and obsession towards your partner. These hormones are your brain's green signal to you for taking this relationship forward. When your brain recognizes that you are in love and you are feeling it all around you, limbic system of the brain starts continuous release of dopamine hormone.This hormone further intensifies your desire for love. If your partner is not with you, this hormone intensifies your desire to see and meet this person. When you fall in love with somebody, neither their faults bother you nor do you see any weakness in them. Even when someone else points out flaws of your partner, you tend to overlook. Temporal lobe has a set of neurons called amigdla, which is responsible for deciding how to respond and when to respond. This is considered as a part of limbic system and it helps in taking decision, identifying danger, catching lies and understanding etc. When a person is in love, amigdla goes for a nap, or in other words, it refuses to understand anything contrary to the predominant emotions. This is the reason why people say 'Love is Blind'. When you get so attached to someone that you want to spend your entire life together, your brain releases a hormone named oxytocin, which emotionally connects two people.

'Oxytocin is also called 'love hormone'. This hormone is produced in a part of brain called hypothalamus. This hormone is released when two people get intimate emotionally. Oxytocin promotes trust and commitment between two people.

When lovers come together forever, ventral palladium in the brain goes active. This part of the brain is rich in oxytocin and vasopressin. Both these hormones make them realize the feeling of love and deep connection. Adrenaline and Amphetamine give the feelings of joy and enthusiasm. Besides, there are endorphins-hormones that strengthenthe immune system and heal minor health problems. When two people kiss, their brains analyze each other's saliva at a rapid pace and reach a conclusion based on their genetic

compatibility. A woman's brain takes decision based on the state of man's immune system.

This entire positive chemical reaction is the reason why people in love have better health and have less chances of catching diseases, as compared to the ones not in love. Being in love is actually good for your health.

Simin Zeki and Andrew Bartela scanned brains of those 11 women and 6 men, who were madly in love since 6 to 12 months. Each of these men and women were shown photos of their beloved and other friends one by one. It was found that after looking at their beloved's photo, four specific areas of their brains got activated. Two of these areas were in more developed cerebral cortex. These were medial insula, which is responsible for natural emotions and the part of singlet, which is responsible for reaction to intoxicating substances that give feelings of pleasure. Other areas are mostly in primitive ganglion which plays an important role in understanding benefits of experiences and also in getting addicted to something.

This research makes it clear why a person feels intoxicated and high in love, and their stress and tension vanishes.

Which qualities attract us?

We often get attracted to the opposite of our own physical features. Men get attracted towards delicate curvy women, while they themselves are tough and flat. Men usually get attracted towards women with bigger hips, slim waist, long legs and fuller breasts.

Women also have an inclination towards men with physical features that are just opposite to them, which includes broad shoulders, tighter hips, pumped up thighs and shoulders, jaw line and sharp nose. However, many exceptions are also there.

Women mostly prefer 'V' shaped men, who have broader shoulders, stronger arms and slimmer waist, which used to be necessary trait for a man to chase and hunt. Almost all women like men with tighter hips. A study has shown that we get attracted to those people, who have similar interests, behaviors and point of view as us. In later studies, it was found that in such circumstances, lovers can get into a long-term relationship. However, too many similarities may lead to boredom. We need differences to the extent that our interest remains intact and our personalities complement each other, not to the extent that it creates clashes in our lifestyle.

Love or Obsession?

'Laila-Majnu'- A famous couple in the history. In those times, Majnu's obsession for Laila was so famous that people used to travel all the way to see Majnu. Majnu's real name was 'Kais', which means 'intelligent' in Arabic, but people used to find his obsession a mismatch to his name, so they started calling him 'majnu-majnu'. Majnu used to remain lost in thoughts of Laila. When he talked he talked of Laila. He used to wait eagerly to see Laila; the hope of seeing Laila always remained in his heart. When the King got to know about Majnu's obsession, he became curious to know who this fairy was, after whom Majnu lost his senses.

The king summoned Laila to appear in his durbar and asked her to remove her veil. When Laila removed her veil, King said after looking at her- "Az Digar Khuba Ty Afzo Nesti"- "Oh Laila! You are not that stunningly beautiful, then why is Majnu so obsessively in love with you?" She replied- "Your Highness! You need Majnu's eyes to see my beauty".

Dr. Helen Fisher, psychologist of Rutgars University of New Jersey, is doing a research under which she is trying to understand the effects of love by scanning the brain. She has already identified three types of emotions- attraction, longing and attachment. Every emotion has a specific chemical, which reacts when the owner gets attracted to someone. According to zoology, these three aspects of love have got developed to ensure completion of the important process of Reproduction. After conceiving, this system gets inactive automatically, and this process of love stops.

First phase is attraction, which refers to physical and unlimited attraction. Fisher says, "longing is that phase, when thoughts and memories related to a person frequently pop up in your mind, and you just cannot get this person out of your head. Your head focuses on the positive aspects of your beloved and neglects the flaws."

'Longing' is the desire to unite and get intimate with prospective partner. This feeling is so strong that brain releases such exciting hormones that create feelings of enthusiasm and joy. Dopamine gives a feeling of peace and phenylethylamine hikes the level of excitement. Serotonin maintains the feeling of emotional stability and noripinefrin arises the feeling of dare in you. Longing is temporary; this phase usually lasts for 3-12 months, which many people mistake for 'Love'. Actually it is the natural biological system, which ensures that man and women come together for

reproduction for a sufficient amount of time.

But when phase of longing ends and reality hits hard, then either one or both partners reject each other, or the couple would enter the third phase, when their relationship stands on the foundation of mutual affection and support that lasts long enough to help them raise children as a team.

Love begins with attraction, which may last for few hours, few days and few weeks. Thereafter begins the phase of longing that may last around 3-12 months, followed by the phase of attachment. After a year or so, when the powerful effect of hormones begin to fade with time, and we start looking at our partner as they are, things begin to change. The habits that appeared cute to us earlier now start seeming burdensome. Earlier they loved listening to every small thing you had to say; now they get irritated for trivial reasons. Earlier they used to find your hair silky, now they fight with you for leaving hair entangled on the comb.

Once the obsessive phase of love ends (remember that obsession phase in love usually goes on for about two years), we come back to the real world and lose the flexible side of our personality. The husband expresses his desires but his desires are different from his wife's yearnings. He wants sex but his wife is not in the mood; she's tired.His wife wants to visit her parents' house, but the husband says that he doesn't like to spend that much time with her parents. The husband wants to watch cricket but his wife says, 'you love cricket more than me!' Gradually the illusion of intimacy vanishes and individual desires, feelings and behavioral patterns begin to take their toll. Now they are not 'one' but two persons. Their minds are no more in sync or unity. Their feelings are not streaming together in the river of love. Now waves of reality begin to create distance and they get disillusioned. At this point, either they drift apart, separate or take divorce, start looking for a new experience of falling in love or start working hard to learn to love each other-the kind of love that does not have the heavenly feeling of being madly in love.

Nature's objective is to push men and women towards each other through this hormonal ride so that they may reproduce without much thought.

Because of testosterone, men get so excited that they easily get into the attraction phase of love.During the phase of longing, their

testosterone level hikes to the point that they do not consider any consequences. In women's brains the, centers of emotions and logic are well connected, this is why they do not lose control due to testosterone. This is the reason why it is easier for women to analyze which man can be a potential partner and which can not. This explains why most relationships are ended by women and most relationships are initiated by men.

A woman's brain is wired in such a way that her world is abundant in emotions, communication and words. She is well aware when the feeling of warmth, desire and the feeling of being appreciated makes her realize that she may be in love. On the other hand, men are often confused about what love is; they may easily get trapped in the delusion of attraction, longing and love. Testosterone blinds the logical part of their brain, and they stay in state of continuous excitement that often blurs their thought process. Women know when love has ended for them. This is the reason why most of the time it is women who end or nourish relationships.

We are important. Our life has a purpose. We have a specific goal to our life. We want to believe this. But we don't believe ourselves to be important unless someone expresses our love to us. When our life partner invests time, energy and effort in us, we realize that we are important. Without love, our life would be devoid of importance, self-esteem and security.

In a marriage, when we do not feel loved, our misunderstandings appear more terrifying. We see each other as enemies, which is dangerous to our relationship. We fight for our self-respect and importance and our marriage becomes a war fieldinstead of heaven.

Love is neither the answer to every question nor the solution to every problem but it can create a safe space for us to discuss our problems and find solutions to it, without any judgment. Misunderstandings can be cleared.Two different kinds of people can live together in peace, become one soul in two bodies. When two souls come together in eternal union, the world becomes a better place. Hence, it is better for humanity that husband and wife get into this 'eternal spiritual union' so that the vision of 'heaven on earth' can be manifested.

Why Are Men And Women Different?

"Men and Women are different from each other. Neither better nor worse, only different."

- Allen Pease

Men and women are physiologically different. One is created to be a father and the other is created to be a mother and procreate for evolution. One is strong and determined and other is soft. One is mentally tough and the other is comparatively soft. Men and women have evolved in different manner. Men used to hunt and women used to collect the hunted animal and cook. Men used to protect their families and women used to nourish the family. As a result, their mind and body has developed in a totally different manner. One has evolved with food and security as their priority and the other has evolved with nourishment of family as their priority. Ever since we are born our brain is prepared to work in a specific manner. This is a fact that in ancient times men were hunters and women were nourishers, and this reflects in our behavior, beliefs, priorities and instincts as well.

We humans refuse to accept the fact that we too are a kind of animal. We have same body parts as animals such as – muscles, bones, heart, pancreas, etc. Researchers have found that human body is 98.4 per cent similar to that of Gorilla and 97.5 per cent similar to that of a horse. We are different from animals only

because of our logical reasoning and power to strategize. Animals only react to their circumstances but we humans think and respond according to situations. Dancing peacock, cat chasing mouse, male dog lifting leg and urinating, talking parrot and lion being the undeclared king of the jungle, this is all due to their natural tendencies, which specifies their behaviour.

We accept the fact for animals that malesbehave differently than females, but we fail to acknowledge the same fact for human beings.

The values and behavioral patterns we inherit from our parents, whether good or bad, we pass that on to our next generation, like any other animal. So let us first accept our animal side and take a step forward to improve the relationship between men and women.

In the beginning of 20th century, it was believed that a child's brain is blank at the time of birth and parents, teachers and surroundings shape a child's behavior. But after many researches on our brain and its development, it has been found that the brain starts developing within 6-8 weeks of conceiving. We are have our own 'operating system' that is fed with many programmes, so that we are pre-packaged at the time of birth, just like computers well-equipped with software and hardware. We humans are made of 46 chromosomes, which are like genetic building blocks, half of which we get from mother and the other half from father. If mother's 23rd chromosome is X and father's 23rd chromosome is also X, then the child conceived would be XX i.e. a girl. If father's 23rd chromosome is Y, then the child would be XY i.e. a boy. German Scientist Dr Gunter Darner were one of those few scientists, who promoted the theory that child's gender is develops within 6-8 weeks of pregnancy. His research showed that if the foetus is of XY chromosomes, certain special tissues with develop in that foetus which will directly send male hormone testosterone to the body, so that male testicles are formed and the brain starts developing with male qualities and behaviors. Men and women have development of their brains with different kinds of qualities, talents and skills. Being the 'hunter', men needed those parts of the brain that helped them in long distance direction operation, hunting skills and aiming for the target. They did not need the skill of communication, sensitivity towards emotions and other soft skills as much as women. On the other side, women needed skills such as short-

distance direction operation, keeping an eye on surroundings, multitasking and effective communication skills. Due to these individual requirements, particular parts of men and women brains got more developed.

In Pennsylvania medical center, Brain Researcher Professor Ruban Gar found that as compared to men, women's brain has more gray nerve tissues. This area is responsible for computation; this is the reason why women have better communication skills than men.

Men and women have undergone some basic and progressive changes, during evolution through lakhs of years. Men used to bring food for family, protect the family from dangers while women used to take care of home and family. This is the reason why women give more preference to organizing and decorating their home over doing the same for her workplace or her husband's workplace. You can notice these patterns in your style of shopping too.

Neuropsychologist Professor Rubnegar scanned and examined human brain to show that when men relax and rest, the electrical activity in their brain reduces by 80%, whereas when women do the same, 60 per cent of the activity continues, which means women continuously collect information from their environment and analyze it. Their children's friends, their dreams, hopes, romance, hidden fears, their thoughts and feelings, a woman knows it all… they often know what all is cooking in their head. And what a man knows broadly is that his kids live in the home.

Which Part of Brain Does What?

Now it is possible to identify and map thefunctions of different parts of brain through Magnetic Resonance Imaging (MRI). Through MRI, we can find out which part of brain performs which specific action.

Initial research on difference between both the genders was done by Francis Galton towards the end of 16th century. He found that men are more sensitive towards high pitched sounds and voices. They have a tighter grip and they are less sensitive to pain than women. Likewise, it was also found that men find red colour more attractive than blue, they have broader vocabulary and instead of dealing with domestic problems they like solving technical problems better. Women pay attention to details while listening, they use more words to express themselves as compared to men, and they are more interested in solving individual

problems, doing individual work.

Studies also show that the left side of a girl's brain develops faster than that of a boy, which means girls can talk, communicate, read, and learn better than boys of the same age. As compared to girls, the right side of a boys' brain develops faster, which is why they have better local, logical and perceptive skills. Men are better at mathematics, construction, solving puzzles and problems.

Neurologist of California University, Los Angeles Mr. Rogerhas confirmed that the corpus-callosum in women's brain is bigger than that in men's brain. Women have 30% more connection in right and left hemisphere of their brain. He has also proved that men and women use different parts of their brains while doing a specific task.

It has also been found in a research that the female hormone, estrogen, promotes connection between nerve tissues and both the hemispheres of the brain.

Unfortunately, we are living in an environment which promotes the idea that everyone is the same, whereas plenty of facts emphasise that we are naturally different and are gifted with different natural abilities and interests. Politically men and women can be same, their thoughts and opinions are equally important, but biologically both the genders are different. Man's brain has been so designed that he can do only one work at a time, because fiber connection between the left and right hemisphere of the brain is less and their brain is more sorted. Women use both the hemispheres of their brains simultaneously, which is why many a time they find it difficult to differentiate between left and right, whereas, because men use one hemisphere of their brain at a time, they find it comparatively easier to differentiate between left and right.

Conceptual Differences Between Men & Women

"Love is the foundation of 90% of the stable and lasting happiness in our lives."

- CL Louis.

Even if all the universities, colleges, schools, teachers, gurus, training centres, parents and even men and women themselves make a collective effort, a woman will be a woman and a man will be a man. Do not forget that our mind programming, our body, our chemical cocktail, our hormones and our chronic development will always maintain the basic difference that prevails between a man and a woman. No matter how much we try and provide the same upbringing to boys and girls, the difference in the engineering of their brains will decide their priorities and behavior.

Women and men have distinct ideological differences; I have listed some of these below:-

Women give preference to relationships,
while men give preference to dominance

When a new girl takes admission in a class, her classmates welcome her, ask her name and include her into the group, but boys don't do this. They do not welcome the new boy in group unless they find him competent enough. If a new boy tries to become the leader of their group, he gets to face many challenges. It is possible that the entry of this new 'wannabe' leader in the group may create dispute and may

even lead to a breakup of the group, and formation of a new group. Men are always eager to include good orators, brave, and masculine men into their group; whereas, girls get along better with those female friends, who are good listeners and more empathetic.

Men are crazy about 'stuff' and women like people better

It has been found in studies that within three months of birth, girls can differentiate between photos of family members and those of strangers, whereas boys are better at differentiating between toys.

Women's brains are naturally programmed to react to people and their faces, but men's brains are programmed to react to things and their shapes.

When you visit your friend's house, you will notice that girls will talk to you for a while, but boys will immediately take the gift you've got for them and will get busy playing. In a study conducted in five western countries, men and women were asked what kind of person they wanted to become. In reply to this question, men said that they wanted to become fearless, competitive, competent, impactful, decisive, celebrity and practical. On the other hand, women chose warmth, affection, kindness, compassion, attraction, friendliness and dedication as qualities they would like to embody as a person. Women placed 'being there for others' and 'meeting interesting people' on top of their list of preferences, whereas men considered prestige, power, material things and ownership as important possessions.

Men are competitive and Women are supportive

Men lead in the field of competition, sports, politics and leadership, men compete and combat. In any group of men you would find that there is a hierarchy- there is a group leader and other members compete at respective levels to ensure their position. Men are so competitive that they sacrifice anything or anyone to reach the peak of success. History is full of such examples of bloodshed by men for the throne and power. They have not even spared their own brothers and relatives. Girls and women have their mind programmed to work in group, they are not much competitive, they do have any leader, when they talk on topic, it is more of a discussion. They do not appoint any leader like men. Girls or women tend to dismiss dominant members from the group, and criticize dominant woman 'full of self' or 'bigheaded.' Women use art of conversation to build rapport and provide support, this is the reason why they easily communicate and

make friends with other women, have heart-to-heart conversation about literally anything…children, family or even bedroom stories, whereas men either open up to only special persons in their life or not open up at all.

Men want to appear Brave and
Women want to be Emotional

Men's evolution as hunters inspires them to be brave and appear powerful all the time. At the time of crisis, men tend to suppress their emotions; it is their natural tendency. This tendency is further emphasized by our society with dialogues such as 'men feel no pain', 'You're a man! Don't cry!', 'Don't cry like a girl', 'Come on! Be a Man!'. According to men, expression of emotions and vulnerability is a sign of weakness.

A woman has been designed in such a way that she has necessary qualities to look after her family, qualities such as kindness, trust, supportiveness, sensitiveness, expressive, vulnerable…she knows that it is not always necessary to have control.

When a woman is stressed or emotional, she mostly expresses it by crying, she wants to be loved, heard and cared for. But man behaves in accordance on the basis of his priorities, for he perceives this state of woman as a call for problem solving. Instead of consoling her, man starts giving her advice, asks her logical questions, inquires details and tells her not to fret as it is no big deal. For women, expressing emotions is a way of communication, once she expresses, she gets over the emotion and moves on, but man takes the responsibility of solving the problem on his shoulders and when he is unable find a solution, he considers himself as a 'failure'. This is the reason why men become stressed or upset when women are into their emotions.

Men want to solve the problem, when all women need support and sympathy

Man's brain is logical and problem solver. Man is self-motivated to solve the problem he encountersor he inspires/orders some other person to solve the problem. In short, Men are 'Problem Solving Machine'. When a woman is communicating her problems, man stops her at various instances and suggests solutions. He cannot help it because that is how his brain is programmed. He feels that the woman would feel better after getting the solution, but all the woman wants is

so talk and hence she ignores the solution suggested, which makes the man feel like a failure and he feels as if the woman is blaming him for her problems. Women do not need solutions, they just want to talk and be heard.

Hormones Game

"We waste our time in looking for an ideal lover instead of creating an ideal love?"

—Tom Robins

People in love have vivid experiences because of hormones; these are happy hormones which revitalize their heart, mind and brain. Love transforms you completely as a person. You were busy in your life, when one fine day you fell in love…and now you are not as the one as you are were! Your thoughts, your expressions, your health is drastically improved. Your heartbeat, sleeping pattern, the way you laugh, the way you walk, everything will turn new.

Hormones are chemical messengers of our body, which travels from one part of the body to other through body fluids and gives instructions to provide specific task. For years it was believed that hormones only affect our body and have no effect on mind and thoughts. But research studies have proven that hormones program our mind and thoughts too.

Men and women have different levels of hormones. Specific hormones promote masculine qualities in men and certain hormones enhance feminine qualities in women. Testosterone is responsible for masculine features such as beard, moustache, taller and broader built, muscular body, strength, bravery, aggressiveness etc. Because of testosterone, men have fat and protein in the ratio of 15% and 45%.

Estrogen is female hormone, which is found in large quantity in women. Estrogen is responsible for feminine qualities, feeling of

satisfaction and peace, inspiring to nurture and nourish the family. Because of estrogen, ratio of fat to protein in woman body is 26% to 20%. Additional fat is there to provide additional energy for breastfeeding and providing security when there are chances of insufficient availability of food. Level of progesterone in a woman body increases as soon as she looks at a baby. Studies have even shown that progesterone is released in woman body as soon as she touches or looks at soft baby shaped toy. This is the reason why women/girls love teddy bears and toys that in shape and size of a baby. As men have progesterone-level in men is low, they would not be able to understand their love of teddy bears and soft objects.

After 50 years of age, testosterone levels in men begin to decline and that is why their aggression also decreases with time and age. After menopause, the testosterone level in a woman's body increases while estrogen levels decline, as a result feminine qualities in woman begin to fade after menopause and masculine qualities begin to show up in their personality as stern voice and aggressive attitude.

Testosterone promotes the feeling of competitiveness, success and achievement. This is the reason why more men participate in sports, competitions, crime and wars, and they have a monopoly in these fields.

Professor of Georgia State University James Dabs collected saliva samples of business leaders, politicians, sportsmen, priests and prisoners. On examining these samples, he found that in every field, testosterone level in men performing well in any field was more than that of men performing unsatisfactorily. In priests, testosterone level was found to be low, which showed lesser dominance and lack of sexual activity. He also found that testosterone level in women, who were performing well in the field of law and sales, was higher than that of a normal woman. Besides, he also showed that testosterone not only enhances the chances of achievements but also promotes production of more testosterone in body.

Testosterone is the reason why men have been dominant in human history. It is also entirely true that in future as well, men with higher levels of testosterone would dominate the mankind, and only those women would be able to do well in male-dominated areas, who have higher testosterone.

Presently, physical activities in our lives have reduced while mental activities have increased significantly. Due to lack of physical activities in the routine, the extra testosterone in men's body is increase their aggression, stress, adversely affecting their family life. It is also promoting criminal and violent tendencies in them.

Women are now doing masculine work. They are housewives as well as working women, which is affecting their feminine side. Estrogen and Progesterone level in them is declining, because of which they are becoming more and more masculine and aggressive, and their feminine qualities are fading. We all should be aware of these hormonal changes occurring in men and women, as it shows that we are changing inside, and hence we need to make necessary changes on the outside as well, so as to maintain harmony in relationships. Do remember that these hormonal changes would definitely disturb male-female equation to a huge extent.

What Does Sex Mean For Men And Women?

"Love is a bird that likes to be free…it needs the entire sky to grow and expand"

—Osho

Hypothalamus is the sex center in human body. This part of brain controls feelings, blood pressure and heartbeats. It is strawberry-shaped organ of nearly 4-5 gram weight. Hypothalamus of a man is bigger than that of a woman. Testosterone boosts sex drive through this organ- Hypothalamus. Because men have 10-20 times more testosterone than women, their hypothalamus is also bigger in size and hence, their sex-drive is much more than women. This is the reason why men can desire sex at any time and at any place.

Passionate sex-drive in men is also due to the biological tendency to promote human race. For this, it is necessary that a man's sex-drive is actively-focused, so that he may have sex in any circumstances.

In prehistoric era, men needed to ejaculate as soon as possible, to avoid getting caught by enemy or wild animal. Size of hypothalamus in women is comparatively smaller than men and level of testosterone hormone is also less in women. This is the reason why sex-drive in women is comparatively less than man, also they are less aggressive. During the nine months of pregnancy, often physical activity of women gets limited, and then most of her time

gets consumed in taking care of the child till he/she reaches 7 years of age. This is the reason why women look for potential father in a life partner, who can provide food, shelter and security. Woman's mind looks for a man who can look after a child and stay committed for a long term.

In a research done at Kinsey University, 38% of men think of sex every 30 minutes, whereas only 11% of the women do the same. Main reason behind this difference is the high level of testosterone in men, which keeps them always ready to have intercourse.

But after the 'youth' phase, sex drive in men begins to decline because of declining testosterone levels, on the contrary sex drive in women increases with age at reaches its peak at the age of 36-38. Sex drive in men is at its peak during the age of 17-19 years. Testosterone level in men is twice more at the time of sunrise as compared to other parts of the day, men experience waves of testosterone five to seven times in a day.

A group of research experts of American Demographics Journal published results of a survey of 10,000 adults in year 1997, which showed connection between sex drive and intellect. It was found that the more intelligent you are the less sex drive you have. Intellectuals with post-graduation as educational qualification had sex for 52 times in a year, whereas general graduates did it 61 times in a year, and the school drop-outs had sex for 69 times in a year. Men who do 9-5 jobs have sex for 48 times in a year, whereas men who work for more than 60 hours a day have sex for 82 times in a year, which shows that the high testosterone level in them had boosted their stamina at work as well as their sex-drive. Sex-drive of people who like Jazz music is nearly 34% more than the sex-drive of those who like pop music, whereas the ones who like classical music have the least sex-drive. Sex is good for health…for both men and women. Sex boosts testosterone-level, which makes bones and muscles strong. During sex, endorphin hormones are released, and endorphins are natural pain reliever. Having sex three times a week on an average burns nearly 35,000 KJ of energy, which is equal to the calories burnt in running 130kms in a year. Right before the climax, **Dehydroepiandrosterone** (DHEA) hormone is released, which improves immunity, reduces tumor, makes bones strong and relieves stress. In women, during sex oxytocin and estrogen levels go up, which is an elixir for bones and arteries. It

relieves stress to a great extent.

Men get turned on by what they see and women get turned on by what they hear. Men's brain is designed to notice women's shape first, which explains why men are so affected by erotic photos and films. Quite opposite, women are sensitive and they get turned on by sweet works and compliments. This is the reason why men of almost all age groups are so crazy about porn videos and photos, whereas women and girls of almost all age groups are fond of soft romantic music. The progressive role of men is that they keep looking for taking forward their lineage. When a man looks at a hot and sexy woman, he doesn't think about her personality and values, neither does he think of her intellect or culinary skills. All he notices is the shape and physical features of her body. This is the reason why when he sees a woman appearing fit to be mother of his child, he cannot help but look at her all mesmerized.

Results of a survey done on 15000 men-women showed that what men and women look for in each other as long-term sex-partner.

What do women look for in men? In order of preference:

- Personality
- Sense of Humour
- Sensitiveness
- Intellect
- Good physique

Men believe that women look for following things in a man:

- personality
- Good physique
- Sense of humour
- Sensitiveness
- A handsome face

This shows that women place personality on the top of the list of desirable traits in men, whereas good physique is on the fifth place of the preference. Men think that after good personality, women prefer good physique in men and then sense of humour. This is the reason why men go out of the way to flaunt their personality and good physique.

According to survey results, what do men look for in their long term sex-partner and what do women believe to be desirable to men

(misunderstanding)-

What do men look for in women?- In sequence of preference

- ·personality
- ·Beauty
- ·Intellect
- ·Sense of humour
- ·Good physique

Women think that men look for beauty, good body, breasts and hips in a woman, this is the reason why they prefer to do make-up, pushup their breasts, adjusts her drapes on chest and wear tight jeans/salwar-suits and high heels to enhance their hips. But men find 'personality' as the most desirable trait in women, then beauty and then intellect.

Like most male mammals, brain of a man is also designed in such a way that he looks for his sex-partner and desires to have sex with large number of women. For centuries, polygamy has been part of every culture across the world. But after 1960s, society began to adopt the concept of monogamy. It is a biological fact that men want to have sex with more number of women, but if they find exciting newness in monogamic relationship, men love that. This is the reason why men buy sexy inner wear from online stores. Online store people know that men mostly buy bright-coloured lingerie that is worn by sexy model. Men make their wives wear those lingerie and think of that model, which enhances their process of intercourse. Many women understand the effect of sexy lingerie on a man. An American survey shows that women, who wear bright coloured lingerie, have more faithful partner thanwomen, who wear plain white coloured lingerie. Reason being, this trick helps satisfy the men's need for variety in monogamy relationship.

To keep the passion alive, women should try bright and vibrant colours, different styles of dresses, be it saree, suit, Punjabi, south indian etc. Trying different hairstyles will also give a tint of newness to your persona, satisfying man's need for variety. Women can experiment with their lipsticks, kajal, and perfumes too, even the ordinary changes can stir fresh wave of passion in the relationship. Ever since humankind began to evolve, women prefer men with broad shoulders, round arms and tall height, all traits of a hunter man, who used to bring food and ensure safety of the family. Besides, women also desire caring, soft-spoken, sweet and romantic men. Earlier mentioned traits are masculine and later mentioned

traits are feminine.

Biological development of a man has occurred to solve development-related problems, fight enemies, and protect family. One flaw in this development is that men are weak in understanding of emotions, they are a little less sensitive. Men need to perfect the skills of loving and pleasing women, for which they should be open to learning. To spark the desire for intimacy, men should make the women believe that he loves her and desires her passionately, and she is extremely important to him. This is a fact that men should know that women need feelings to initiate sexual intimacy.

Sexual preferences of men and women are totally different. Both cannot do much about the natural biological rule they are helpless here. Do remember, ‘men and women are opposite poles, that is why both are so attracted to each other’.

How Important Is Sex For Men And Women?

"Every true revolutionary is driven by intense love"
—Che Guevara

Being a living creature, human being also has strong aspiration to bear their children. They desire to spread their offspring to make their presence felt I the world till eternity. This desire to have a heir is what mainly fuels the desire for sex. Men and women both have different feelings about sex.

If you pay attention, you'll notice that all the interactions between men and women are intended to attract each other sexually. We are always looking for a partner. Whether it is women flaunting their beauty or men flaunting their success…it is all meant for attracting our partner.

For men, sex is like food, for women sex is just an ingredient of that food. You can make men do almost anything by luring him with sex, but it is foolish of women to tempt men with sex. Men have lost thrones, posts, property, and reputation for sex but among women, such examples are rare. Men think about sex most of the time, but women occasionally think about it. Men have fought war to get beautiful women, they have lost lives, but women have not fought any war to get a handsome man, nor have they lost lives.

Reason being, men have the biological pressure of planting their sperm in a woman, whereas women have to nourish that

sperm in her womb for nine months and then take care of that child for almost 15 years, hence her desire for sex is not that aggressive. She gets ready to have sex, when she gets the assurance that the potential father has the competence to protect and look after her and her children. It is also true that with availability of contraceptive pills and abortion trend, women have nowadays started taking risk to have sex and they may become eager to have sex with the man of her choice. But still this eagerness is not even close to the kind of eagerness man feels for sex. When a woman agrees to get intimate, her protection is her priority, she would not risk her social/financial security for sex.

Men do almost everything for sex. They want as many women as possible to have sex with them. Why else do you think men go for bodybuilding, trendy suits, dominant voice, perfume, hair style, expensive accessories? Yes indeed all this is intended to impress women. And why do they want to impress women, to have sex with them. He may not admit it consciously but the desire is still present in his subconscious.

Women grooming themselves, colouring their lips, dressing up, wearing high heels to make her hips look bigger… all is meant for sending signals to the subconscious minds of men that they are sexually active and are more suited to carry their baby. Women wear tight-fitting attires to flaunt their curves and attract men. They use tight and padded bra to make their breasts look attractive… why? Women applying kohl, having attractive hairstyle, wearing jewelry, wearing skin-tight attires…what is it all eventually intended for? To attract a suitable partner, right? Whether or not women realize this fact or not, this is a biological fact.

Men and women have one basic difference, men want to have all the women in the world, while women want to have company and relationship with one person…somebody who can make her feel safe and loved. Men get mesmerized by women's beauty, and women get mesmerized over men's wealth. There have been countless examples of how men showered their money on beauty of women, because psychology says that women need money for security, and men need beauty and sex for satisfaction. Men have the biological tendency to produce as many children as possible so as to save human existence. This is the reason why he is always eager to have sex with as many women as possible. It is possible that if a man is set free, he may not do anything but have sex. Best

example of this is Mongolian Ruler Changez Khan. Every place he invaded or won, he raped most of the women there, and according to an estimate, he is the forefather of nearly 8% middle-asians. Across the world, only 3% species are monogamous, for example penguins. Human beings are not included in these species, they rather represent that 97% of the polygamous species. In wars, brawls and riots, there is one sad thing in common…rape of innocent unfortunate women. What do soldiers of winning army do? They are more focused on raping the women of the territory won, than looting the money. Most youth or middle-aged men indulge in war or riots to save their mother, wife, sister and daughters, ready to give or take life to defend their honour.

This is the thing about we human beings, we consider the most desirable men to women as great. Parents go on and on praising the 'coolness' and 'smartness' of their son, if he has many girlfriends. But on the contrary, when their daughters have many boyfriends or admirers or even just male friends, parents do whatever they can to stop their daughter from doing so, in some cases they even resort to violence. Increasing number of cases of honour killing is striking example of the same. If many women are crazy about their father, children may take pride but if mother has relationship with other man, then she loses all her pride.

If a man has an extra marital affair, wife may forgive him at some point, but if wife does the same, in 99% of the cases, husband would separate or divorce his wife and in extreme cases, he might even attempt to kill her. Hence, it is clear that desire for sex is a man's human nature; building home amid security is woman's human nature. For a woman, husband is her entire universe, while for a man, wife is just his sex partner. Her thoughts, her dreams, her every action is family-oriented, while all the actions of husband are out of his desire for sex. This is the reason why separation from wife because of any reason (separation, divorce or death) does not affect the husband much, and if he is sexually active, he finds a new partner for sex. Exact opposite happens in the case of women, as they get shattered by the shock of separation, because the home she had lovingly built gets destroyed and finding a new trustworthy partner is not easy for her. **Do remember that these mindsets of men and women stem from their individual biological tendencies, which inspires them to do so.**

Why Extra-marital affairs occur

"A hurting heart becomes the reason for anguish, and as the anguish goes intense, it takes the form of jealousy, and when this jealousy is released, it makes space for compassion that lights the way to ecstasy."

—Anonymous

Many men and women have extra marital affairs. Why do they do so? There is a biological reason to it. Let us understand-

As we have already understood that men are biologically polygamous, which means that he desires to have relations with more than one woman, so that he may plant his sperms in as many women as possible to take his lineage forward. This is the reason why none of the religions have restricted men to have only one marriage. Men have been allowed to marry more than one woman, so that his passion for sex doesn't rattle the social construct. Perhaps our religion understands our human emotions better than the modern rules and civilization builders. Men think of sex every 30 minutes, and the reason behind is the high level of testosterones in their body. Whenever he comes across a woman that seems suitable to him for bearing his child, he would desire to have sex with her. Hence, it is clear that the only reason behind man's extra marital affair is sex. Intense sexual desire is the most unbearable experience for men. It almost captivates them. This desire is the reason why many religious teachers, rulers, sages and political

leaders have lost their post, pride and power.

Mosad, who is one of the officials of the biggest secret intelligence agency, says – “women are our biggest and reliable weapon, reason? She’s a woman.”

It was found in a research of British University that men with higher IQ are less likely to ditch their wives. Dr. Satoshi Kanazawa of London School of Economics concluded from his research that men with higher IQ give more importance to monogamy, as compared to men with lower IQ.

Sex is not the main reason behind women having extra marital affair. However, newspapers, media, televisions, magazines have been screaming out loud that women are hungry for sex and men are unable to satisfy her so they have to find other partners. If we believe newspapers and media, then all women will appear characterless to us. But stop, give it a thought, how many such characterless women you can identify in your neighbourhood. Even if you think hard, you won’t be able to identify more than one or two women. But still media is portraying women as characterless. Some women do have affairs with other men but the main reason behind this extra-marital affair is ‘lack of empathetic partner’ in her life. This is the reason why when a woman shares her grief and disappointment with other man, he takes it as an invitation for sex. Men want sex from their partner and women want emotional support. If a man does not have deep conversations with his wife, does not pay attention to her problems, does not spend quality time with her, then she would definitely have thoughts about other kind and compassionate men, doesn’t matter even if her husband has extraordinary sexual power.

When a woman talks about flaws of her husband with another man, that man interprets it as invitation for intimacy. Man’s mind wants to defeat his competitor (woman’s husband) and win the woman as a trophy. But the root of this intention is also sex, whether he seems to be offering emotional support or financial support to her. Man wants only sex in return for every effort our work he does for a women. If a woman wants that other men should not misunderstand her or take her words as invitation for sex, she should not talk about her husband’s flaws to other men. Women prefer those men for extra marital affair, with whom they feel safer, heard and understood. This ‘safety’ has a strong element of financial security.

If a man doesn't want his wife to have extra marital affair, he should carefully listen to his wife, understand her emotions and provide her financial security. When a man gets to know that his wife's boss is rich and single, or stays away from his family, then the man is likely to feel insecure…at times so much that he may even force his wife to stop working at that place. This feeling of insecurity in him is justified from biological point of view. If a woman gets to appoint secretary for her husband, she would choose someone matured but not so beautiful, she would never want the relationship between her husband and the secretary to be more than formal. It is the insecurity of women that makes her to allow only less beautiful women around her husband. But women should understand that his biological nature inspires him to have relationship with as many women as possible. This is the reason why many Bollywood and Hollywood stars had extra marital affairs despite the fact that their wives were more beautiful than those women. This means that men give more importance to the score than the beauty and this is his biological tendency.

Real reason behind sex problems among couples

The foundation of marital life is the desire to be loved by one's life partner. Car, bungalow, money, credit card, materialistic things,… make no sense if there is no love among the husband and wife. We want our partner's love more than anything in our lives. Materialistic pleasures can never be the alternative to emotional support, love and warmth for human beings. Wife complains that "he constantly ignores me all day long, fights with me, dominates me and then pretends to love me for sex. I hate it". She is not the wife who hates sex. All she desires is feelings, emotional availability and love. It is our human nature to have desire to be desired by the other. The central point of human existence is this desire for intimacy and the desire to be desired. Woman's desire for sex stems from her emotional structure, instead of body. There is no physical reason that may compel her to have physical intimacy or sex. Her sexual desires emerge from her emotional needs. If she feels loved, appreciated and desired by her husband, she starts feeling the desire for sex with him, but without emotional intimacy, her desire for sex is negligible. Because man's sexual desire is based on the need for regular physical release, their sexual need is completely different from their emotional needs. This does not mean that sex is not important for them. It is rather extremely important for them, but only sexual relation doesn't fulfill

their need for love.

Most women look forward to sex only when they feel that their partner is making love to them. If there is an expression of love involved, their sexual desires blossom. Without love, sex feels like physical exploitation to them. This is the reason why it is difficult to love someone who does not love you. This is our natural tendency, we have been like this since forever, we are so in present and we would be like this in future till infinity. When a man is having sex with a woman, she is making love to him. Men will call it act of intimacy or 'sex', while women may take this work negatively. Women play love games, which means that she wants to be loved, she need this feeling of being loved before sex. For men sex is only physical intercourse, but this does not mean that he does not love his wife. Even when a man wants to make love, he would like to call it 'sex' and this may upset his mate.

Can Man And Woman Be Friends?

"A small hope is enough for love to be born"

—Standhall

"Women and Men basically have misunderstanding about each other; women misunderstand man's sexual interest or selfish motive as friendship and men misunderstand woman's friendship as sexual interest"

—Summary of General of Evolutionary Psychology's research.

Women should understand the fact that men would become friends with you only when they see you as potential sex partner. No matter how much you argue on this but biological tendencies pushes men in that direction only. One thing that is famous about man woman friendship is- 'If not for sex, men would run away from women as if they are plague.'

'If the friendship is not for sex, men would never take the women out to eat or drink'. If you ask any biology research expert that whether men and women can be friends, the answer would be 'No! Never!'

Yes, it is true that women may consider a man as their friend, but vice-versa is an impossible scenario. It is impossible that a man can consider a woman as his good friend without any desire for sex.

Even if someone says that he is lying.

Man and woman can be friends theoretically but in reality it is impossible. The history of man-woman friendship is not that old, just 100 years. Before that men and women used to be only relatives or husband and wife. It came into existence after the end of the traditional polygamy. Undoubtedly, men still views this man-woman friendship from the lenses of polygamy. They feel that having many female friends is comparatively much easier than maintaining many wives, less expensive and less risky. When any reporter asks a celebrity couple that whether they are in a relationship, they often reply – "No! We are just good friends". You should know that they're lying from biological point of view. In a study of General of Social and Relationship done in year 2012, it was found that men-women believe that there is no element of sex in their friendship, but it is actually a myth. There's always that sexual element in their friendship, whether they are consciously aware of it or not.

Be aware of this truth that for men, sex is extremely important, more important than anything else in this world, as important as hunting for a lion, blood for a vampire and seeds for birds. Do you think a starving lion would quit hunting, or thirsty vampire would stop looking for some fresh blood, or hungry birds would stop looking for food? Then why do you think that man would stop looking at woman sexually? While his biological tendencies are constantly pushing him to make as many babies as possible. Men always look at woman as woman, not as a friend. If you ask a man, what is his favourite thing to do…nothing can stand before his desire for sex. Men do like football, cricket, travelling, but still sex is the most important thing for him.

So the conclusion is "A man and a woman can never be friends."

A woman would have to go through three stages to become a man's friend- firstly, getting to know each other, then get married to him and then you can become his friend.

"Friendship between a man and a woman is not possible. They can be each other's obsession, they can be lovers, they can be enemies, they can adore each other but they can never be friends."

—Oscar Wild

Why Do Women Speak A Lot?

“Be each other’s rainbow after every storm”

One of the most famous signature dialogue in the Indian film industry is- Shatrugn Sinha’s “Khamosh”. The dialogue suits well to Shatrugn Sinha’s persona. But this dialogue wouldn’t have suited much on an actress. Women hardly ever ask you to shut up or be silent. This dialogue delivery by Shatrugan Sinha had an impact on the villain in the movie, but if the dialogue was delivered by an actress, this wouldn’t have been as impactful. Women usually use the words for showing their participation and building relationship. If she likes you, and agrees with you, or she wants to be your life partner, then she would talk to you a lot. The parts of a woman’s brain that are responsible for speaking and communicating are situated in front lobe of left hemisphere and a particular area of right hemisphere. This is the reason why women are good at talking, they love talking. As woman’s brain has special part that regulates conversation and communication, hence other parts of the brain are available for other tasks, this is the reason why they can talk and do other tasks at the same time. For the same reason, women tend to learn grammar or new language much easily, as compared to men. Because of the heavy flow of information in a place between both the hemispheres of the brain, many women can talk about several issues at the same time. After every conversation,

every woman learns something about the subject or the incident, she understands the reason behind everything. This ability of multitasking in women, surprises men because their brain is designed to deal with one task or issue at a time.

We need to understand that men and women are totally different. We both have different reactions and emotions in every aspect. When men are stressed, they prefer to stay quiet and find solution to their problem, whereas women want to talk it out when they are stressed. When a woman sees someone upset, she asks him/her as many questions as possible so that she may be of help. This behavior of women is loved by other women but men feel irritated by this behavior.

Scientist Elizabeth Hanson of University of Western Ontario did study on women's performance and estrogen hormone. Hanson found that because of low level of testosterone, women have less local skills, whereas because of high level of estrogen, they are witty and good at micromanagement. This is the reason why estrogen level goes up during menstrual cycle, women are calm and composed, they express themselves in a great manner, but when testosterone level goes up, her behavior and way of communicating gets volatile.

In ancient times, men used to solve their problems alone, and they used to get respected for that. Men used to feel irritated by people who tried to advise him and show superiority. This is the reason why men seek solitude at the time of stress and problem. Women are totally opposite. Their psychological understanding is way better than men because right from the beginning of human history, women has looked after their family members and their nerves tissues and psychology have developed according to that. She has become oversensitive about her children's upbringing. Because of this evolution cycle, women ask as many questions as possible to express her love and concern.

Many female patients have this complaint that their busy doctor does not listen to their problem or ask any question about their ailment. Because of which they have stopped taking his advice. This is the reason why those doctors are popular among women, who talk to them more and listen to them carefully.

Women need to understand that when a man is upset or stressed, he should be left alone, because it is his biological tendency to stay alone while trying to process stress and find

problems. Women often misunderstand this behavior of men, as she perceives it as not being wanted or needed by her man. As she wants to help, but cannot…this leads to dispute, misunderstandings and tensions. How?

Let us try to understand-

Husband comes home, says nothing, drops his bag, changes clothes, and dump himself on the sofa….staring at the ceiling, appearing stressed out….Silent!

Wife looks at him and asks him “What is bothering you?”

Husband replied- “Nothing”

Wife continues- “I am sure something is bothering you….what are you thinking…please tell me.” Husband says, “I am ok, Please leave me alone for a while.” Wife asks again “No, I can’t leave you alone…I want to know what is bothering you…so that I may help you”

Man replies- “I am OK. For God’s sake leave me alone! Or if you say I’ll leave for a while”

This makes the wife sad, she says “What do you do this every time? Why don’t you share your problems with me? I am nothing to you…You don’t love me…I feel it is not the same between us anymore. We have grown emotionally distant”

This triggers the husband, he loses his calm and he starts speaking harshly to his wife, and this is how a small incident turns into a war.

This war can be prevented, if man and woman make effort to understand each other and each other’s psychology. Make a not that if a man is in deep thought and silent, do not question him and leave him alone, trust his ability to solve his own problems. Quite opposite, if a woman is sitting alone in silence, if she is looking upset, then the man should talk to her…make her speak about what is bothering her. Whenever you both are fighting, remember that you both have different ways of thinking. Try and understand each other’s psychology and then take decision. Women believe in talking and listening to everything in detail, whereas men prefer to keep it brief…they prefer short and crisp communication. This is the reason why daily soaps on television keep the women hooked for years, whereas men are fond of those shows and programs, which have quick results or conclusions. They do not prefer the stories that are stretched long. If duration of movie is less than two

hours, the male viewer would comment that the movie was nice… short and sweet, whereas female viewer may say that the movie was good, but it could have been longer with more details.

Women narrate every incident in detail, they have dramatic expression, they create suspense and take time to eventually tell the result. This habit of women annoys men, and hence they stop the women in between or they do not pay attention. Women can solve this problem by letting them know the outcome at first and then narrate the remaining part. And men can make the conversation with women more detailed, create a little suspense and keep up the mystery. This little change in habits can make man the prince charming for his lady and make the woman his dream princess for her man.

To Harmonize The Relationship, Men Should Start Listening And Women Should Stop Advising

"Even if I have thousands of reasons to leave you,
I'll find one to stay with you".

Accept the truth that "Women and Men are two different creatures of same species."

Yes, it is true that men and woman are different …as different as moon and sun…sky and earth, water and fire. John Gay has even considered that men are from Mars and women are from Venus, and he has proven it quiet in detail. By acknowledging this difference, we can make our marriage successful. And by denying it, we can make our marriages miserable or even end up in divorce.

In this world, thousands of people fall in love, get married, thousands of people get divorced too. Some experts believe that across the world, 50% of the people, who get married, get divorced and remaining 50% keep their marriage together not 'only' because

of love but also for social prestige, children, loyalty or because of the fear of starting all over agian.

In the world history, only a few have been able to enjoy love in their marriage through out their life, but it is possible for everybody and everyone should be able to enjoy lifetime love in their marriages. When husband-wife or lovers understand and accept their differences and respect each other's sentiments, love blossoms and life becomes joyful again.

If they do not understand the differences and dissimilarities they have, men and women would keep fighting till eternity and ruin each other's lives. Problem actually arises when we start thinking that despite the differences, we expect our partner to think just the way we think or behave as we want them to behave.

Men expect that women should think like them and behave like them, women also expect men to understand, think, feel and behave like them. In ancient times, men were hunters and women used to stay-home to look after children, since then our minds have been conditioned that way. Early men used to consider strength, competence and skillfulness as important traits, because these traits used to help him provide food and protection to his family. Their garments and their names are also inspired by these traits since ancient times. This is the reason why, soldiers, policemen, technicians, doctors, scientists and businessmen wear their uniforms or follow dress codes and write their designation before their name, so that other may get to know their competence and power right from the first glance. To achieve a goal, to be successful and to prove one's mettle are all masculine qualities, whichhave been embedded in men since the time they used to live in caves and tribes. In tribal culture, those people are put at a pedestal, who have the ability to solve all the problems and have lot of personal success stories to tell. In a 'kabila', taking someone's advice was considered as proving oneself inferior and the person giving advice as superior. This is the reason why men do not like to be advised or stopped or nagged about since early times. On the contrary, they love people who take advice from them or seek guidance from them. Because of this very tradition of human evolution, men do not prefer women, who give suggestions, advice or do not seek help from them. This is the reason why men do not prefer masculine women, such as police personnel, officer, wrestler, sportspersons and women excelling in male-dominated areas.

It is because of this tradition of human evolution, when women talk about their problems, men immediately start focusing on solving the problem, while women only wants to express her emotions, vent out her frustration. Men start thinking that they can help women only by solving their problems and this is the way to prove their love for them.

Women, who have been looking after children and family since centuries, give importance to love, communication, beauty and relationship. In place of success, goals and power display, they give importance to relationship, love and dedication. This is the reason why women understand importance of relationships, feelings of family members. This is why children are closer to mother, because mother understand their feeling even before they communicate, listen to them attentively and leaves the solving part to their father.

Women expect the same from their husbands, but as both have evolved differently as human, the case becomes just opposite, and this leads to bitterness in the relationship. For men, solving the problem is important whereas women do not take much interest in problem-solving. All they want is to talk it all out and the one who listens to them wins their hearts, and the one who does not listen to them gets dropped out of the list of their favourite people.

When a woman aims to improve a man or wants to bring about change in him, the man feels that she considers him as useless, stupid, incompetent brat. Women do not even realize that their loving suggestions are piercing their hearts like a dagger. Men find the suggestions insulting and objectionable. Women mistakenly think that their suggestions would change the man or give a new direction to his life, or improve his status in society and the man would welcome her suggestions, but man hates it.

Men should also keep in mind that when a woman is talking to him about her problems, she is not wanting you to solve her problem, she just want to be heard, understood and make her relationship strong, that's it!

So start practicing this mantra for improving marital life- "Men should start listening and Women should stop advising".

How can a woman win her husband's heart?

"Woman knows the man she loves,
like a sailor knows the sea"

—Honor D Balzac

Women should understand that for men, their honour is everything. High-level of testosterone in them pushes them to be aggressive and dominating…it is their biological tendency. Women should also remember that man's brain is logical, so he receives only those points that fit the parameter of his logical. He even looks at the gifts given by you from logical point of view. If the gift given by you is not useful for him, he may get more upset than happy to see it. His history of human evolution is responsible for his behavior to a great extent. If you take care of him more than required, this may also upset the man. If you try too hard out of concern to get know his problems, when he is upset…he may end up quarrelling with you. Then what should a woman do to win his heart? Let me show you the key to the secret door to his heart-

Some easy ways to win husband's heart-

- •Trust him.
- •Do not advise him.
- •Say goodbye with a smile, while he is leaving from home
- •Do not force him to do domestic works like cleaning or washing

dishes.

- Do not keep complaining all the time.
- Keep encouraging him.
- Praise him when he accomplishes a task or achieves a goal.
- Do not talk to him in loud or aggressive voice.
- Do not advise him on driving while traveling with him in a car or bike.
- Leave him alone, when he is upset and in deep thoughts.
- Reward him for the job well-done.
- Do not give him pretentious or useless gifts
- Do not inquire him all the time.
- If sometimes he come home late, do not bother him with lot of phone calls and questions.
- Give him time and space so that he may spend time with his friends.
- Never ever speak badly about him in front of your parents or friends or relatives
- Do not give him instructions in front of your friends.
- Praise him in front of your friends and family.
- Say 'I Love You' at least twice a day while praising him.
- If he helps you with domestic works, praise him and thank him
- Never praise any other man in front of him.
- Do not make the blunder of comparing him to other men.
- Do not speak high of other women's husbands in front of your man.
- If he is tired, make a sweet gesture by giving him a comforting massage.
- Give him all the attention.
- If you both are watching TV together, hand over him the remote control.
- If he is telling you something, listen to him attentively, do not interrupt with advice.
- Get all dressed up and ready before he arrives at home from office.
- Take shower before sex and apply mild perfume, brush your teeth.
- Keep changing hairstyles, makeup, lipstick shades etc.

•Wear stylish and bright colored night-wears.
•Keep your weight in check.
•Keep his photo as your wallpaper or as mobile screen.
•Let him read the newspaper first. In case you get to read it first, make sure you fold it nicely.
•Gift him books of his favourite writer.
•Never laugh on his flaws or shortcomings.
•Be on his side in times of his failure and encourage him.
•Keep telling him how important he is for you.
•Never fight with his family nor talk to them rudely.
•Add three more things in this list after consulting him
•…….....…
•……..
•……..……

How can a man win wife's heart?

"The most precious thing in this world for a man is a woman's heart"
- Josia G Holland

Women find happiness in little things, men really need to understand this. Men love to achieve goals. Men are not very sensitive, they do not know what all things make their better halves' smile and what makes them sad. Men think that only big gestures make women happy, whereas it doesn't matter for women. It is not the big-small things or gifts or gestures that make the woman happy, it is the feeling of being 'special' for her man that makes her happy. She would be as happy to receive a rose from husband as she would on receiving a dress as a gift. The thought put in the gift by her man is what touches her heart the most.

Men should not think that only diamond rings, jewelry, long vacations, house or car can make him win a woman's heart. Women should always acknowledge their man's effort for her. The way a woman expresses her joy on receiving sweet gestures or gifts from her man, encourages him to do more of it and it also strengthens the relationship.

Some simple steps to win a woman's heart

- As soon as you reach home, hug her tight, say 'I Love You' and ask her how was her day.
- Make it a habit to listen to her and ask relevant questions.

•Do not try and solve her problems, instead try to empathize with her.

•Bring her flowers sometimes to make her smile.

•Praise her beauty.

•Never ever agree to any negative comment she makes about herself, even if it is true.

•When she is upset, listen to her carefully.

•If she is tired, offer to help her.

•If you are about to get late for home, call her and inform.

•If she seeks support, be there for her to help.

•If her feelings are hurt, do apologize.

•If she is talking to you, put down your mobile phone or newspaper or TV and listen to her attentively.

•If she usually does all the household chores and someday she looks tired, do the chores for her.

•If you are going out of home, ask her if she needs something from market and bring what she asks for. Do not forget.

•Hug her at least 4-5 times a day.

•Call her from your office and ask her how she is doing, or tell her something interesting or just tell her 'I Love You'.

•Take a shower before having sex, brush your teeth, use mouth freshener and spray on her favourite cologne

•Show her love and hug her, even when you are not having sex.

•If she is upset about something, always take her side.

•If she is tired, offer to massage her back, neck or feet.

•When she is talking, look into her eyes and listen attentively.

•If she is watching television with you, do not change channels again and again.

•Do more of Public Display of Emotions.

•When you hold her…hold her firmly.

•If she is taking time to get ready, or decides to change the outfit again, try to understand her.

•In public places, pay more attention to her than others.

•Give her more importance than kids.

•Bring her small-small gifts often…chocolates, flowers, or perfume. Buy her a dress.

•Click her pictures on special occasions.

•Keep her picture in wallet, or as screensaver on laptop or mobile phone.

•Write her a love letter on anniversary or birthday.

•Notice her mood and talk to her about it…like “You look happy today” or “you look tired today” or “how was your day”.

•Behave with her the same way, as you used to do during the initial days of relationship.

•Be ready to do any work at home. Whenever you have free time, ask her if there is some work to be done, as you have free time to do it.

•Keep the floor of bathroom clean and dry after shower.

•When she cooks for you, praise her for good food and thank her.

•Look into her eyes, when you talk to her, and touch her often during the conversation.

•Show interest in her hobbies and her friends-acquaintances.

•Keep responding to her during the conversation, so she knows you are taking interest in what she is telling you.

•Laugh on her funny jokes.

•Every time she makes effort for you or does something special for you, acknowledge and thank her.

•Do not answer phone during your intimate moments,

•Often plan picnics and tours.

•If she is washing dishes or clothes, offer her help.

•Tell her that you missed her, when you were away from her.

•Add three more things in this list, after consulting with her.

•……...……..

•…….

•…….

Touch - Lifeline of Love

Skin is the biggest part of body. It consists of irregularly distributed 2.80 lakh sensors for pain, 2 lakh sensors for cold, and 5 lakh sensors for touch and pressure. Right from the birth, girls are sensitive towards touch. An adult woman is 10 times more sensitive to touch than an adult man. Oxytocin is one such hormone, which promotes the desire to be touched and activates touch sensors in skin. This is the reason why women give so much importance to hugging lovers, children and family members. In culture where physical touch is not acceptable, they fulfill this human need by cuddling pets like cats, dogs and other animals. People who do not get affectionate touch often, they tend to be more loving to pets.

Initial experiments done by Harlow and Zimmerman on monkeys showed that when baby monkeys were not touched lovingly, symptoms of depression and other diseases appeared in them, some even died early. Similar results were found in neglected human children. In a study, it was found that infants, whose mothers were taught to cuddle their babies, had dramatic decrease in appearance of flu symptoms. They even showed improvement in cases of vomit and dysentery, whereas the mothers who were not taught about cuddling babies, their infants showed slow recovery. In other studies, it has been shown that women, who were suffering from nervous problems or depression, showed drastic improvement after being cuddled often.

Our body has numerous tiny touch sensors. Every time these sensors are touched or pressed, tissues send message to the brain. Brain analyzes these messages and this is how we experience heat, cold, tough, soft, known and unknown touch. This gives us painful or joyful experience. This is how we differentiate between loving

touch and hateful touch.

Your life partner had a sprain in ankle, and he/she is in severe pain. Looking at them while sitting on sofa, you try to console them by saying- “Oh My God! What happened? You must be feeling excruciating pain. I am feeling terrible to see you in so much pain.

Instead of this distant consolation, if you had got up from your sofa, held your partner and made them sit on sofa comfortably, applied painkiller spray or oil on their feet and would have said while massaging, “Oh My God! What has happened…You must be feeling excruciating pain…I feel terrible to see you injured.”

Now you tell, which of the two aforementioned behaviors show that you truly love your partner? Undoubtedly the second one is showing that you really love your spouse. In the first scene, your concern is appearing completely pretentious and false. We humans are aware since ages that physical touch is a way of expressing affection. Many research works done in the field of infant development have concluded that the babies that were touched, cuddled and kissed grow up to be more emotionally healthy people, as compared to the babies who were not given the affectionate touch. Loving touch for children is no modern concept. In every culture, matured parents make sure that they hold their child lovingly, making them feel secure. In my practice, when I see any patient sad and upset, I keep my hand on their shoulder and tell them- “Don’t worry my friend, you will recover soon.” This way the patient feels emotional connection with me and he recovers surprisingly soon.

The hospitals and nursing homes, where patients are not touched affectionately by the doctors and paramedical staffs, patients do not feel comfortable there and there recovery slows down.

Imagine, you are about to go for a surgery of cyst. You are lying on operation table but not in the correct posture. Now if surgeon rudely corrects your posture and says in harsh tone- “Now stay still, don’t move OK!” it will make you feel uncomfortable, you blood pressure may shoot up, creating problems for your anesthetist.

Now another scene- Your surgeon gently holds you and corrects your posture slowly and carefully, telling you in soft tone- “Be still ok… do not move.” You will feel better and cared for, and you will

be assured that this surgeon will perform the surgery successfully. You will relax and stay in the said posture, so that the surgeon doesn't face any difficulty in performing the surgery.

Physical touch is a powerful medium to communicate love in a marriage. Holding hands, kissing, cuddling and sex are ways to express emotions, affection and love. For some people, physical touch is the expression of love. They do not feel loved unless they are touched. Physical intimacy makes them feel the emotional connection and they feel safe in love with their life partner.

In a marriage, loving touch can take many forms. Because touch sensors are present all over the body, loving touch on any body part becomes the expression of love and affection. This does not mean that all touches are similar. Certain way of touching will give more pleasure to your life partner than others. Your best instructor in this process is your spouse, whom you actually want to please. And who else can show you the way to love them better? Your partner may feel uncomfortable with certain way of touching, and if you continue to do so despite knowing their discomfort shows the feeling opposite of love. This kind of behavior on your part would convey that you are insensitive towards their needs and you do not care for their feelings. Do not make the mistake of believing that the touch that gives you pleasure would also please your partner. Gently caressing partner's hairs, giving them massage, hugging, kissing etc are the kinds of gestures that will keep the spark of love and affection alive in the relationship. Make sure that you touch your partner at least 10 times a day. So what are you waiting for? Start practicing today!

Gifts for Man and Woman

One dollar and 27 cents…that's it! 60 cents out of this amount were in pennies. These were saved penny by penny, by bargaining rigorously with grocery store owner, vegetable seller, butcher and others. Della counted it thrice…one dollar 87 cents and tomorrow is Christmas.

Della had no choice but to sit on her broken bed and cry her on misery. After all, life is a combination of tears, sorrow, joy and happiness…but may be tears are more than smiles.

While the lady of the house moves from phase-I to phase-II, let us have a look on the house. It was a well-furnished flat with rent 8 dollar per month. It was not a poor house, but comparing it to the luxury bungalows around, it looked like a hut.

There was a letter box near entrance, in which no letter was dropped. There was a door bell, which no one used to ring. There was a name plate there that said "Mr. James Dilingham".

Dilingham was the name popular in the times when its owner had weekly income of 30 dollars. But now when the income has shrunk to 20 dollars, 'Dilingam' name on the plate started fading….as if only 'D' of Dilingham was remaining. Every time Mr. James Dilingham young used to come home and enter the flat, Mrs. James Dilingham young (Della) used to give him a warm welcome by calling his name lovingly and hugging him tight. Della stopped crying, applied a little talc on her face and stood in front of the window…staring a brown cat blank. For Christmas next day, all she had was 1.87 dollars, with which she wanted to buy a gift for her love Jim. She has been trying to save money for months.20 dollar for a week is already a small amount to meet the expenses, still she

tried hard to save penny by penny. The expenditure was much more than what she had estimated…well may be the expenses tend to be always more than the income. She had 1.87 dollars for Jim's gift. She had spent hours planning for a special gift for Jim, something amazing, something excellent, something unique…something that deserves to be gifted to Jim. Suddenly she moved away from the window and stood in front of the mirror. She had a spark in her eyes, but it disappeared in 20 seconds. She quickly untied her hair and left it free.

This house has only two precious treasures, in which James Dilingham couple felt pride. One of these was Jim's gold watch, which he had inherited from his father, and his father had inherited it from his grandfather, and the second precious thingwas Della's long beautiful hair. If Shaiba's Queen had lived in the flat opposite to hers, she would have definitely flaunted her hair so good that Queen's materialistic possessions had looked small and insignificant.

If King Solomon were the in-charge of their building and all his treasures were kept in the basement, Jim would have still flaunted his gold watch every time he would have passed by the basement… the shine of his watch would have made even King Solomon envy.

At this time, Della's beautiful silky shiny long hairs were flowing down her shoulder like waterfall. Length of her hairs extended till few inches below her knees. Her hairs covered her like a garment. Suddenly she tied her hairs quick, stumbled in anticipation but quickly got her balance. A tear or two rolled down her cheeks and disappeared in the old rugged carpet. She wore her old brown coat and hat, wrapped around her skirt and started going downstairs with spark in her eyes. She stopped near a signboard that read "Madam Sofroni, All Kinds of Hair Products"

Della controlled her thoughts and emotions and started climbing stairs. She was panting. As she reached she saw the 'Madam'; she was tall, broad, white and cold…n definitely didn't look like sofroni.

Della as her "Will you buy my hairs?".

"I do purchase hairs. Remove your hat and let me see your hair texture" replied madam.

As she untied her beautiful brown hair and let it loose, madam took an expert look on the hairs by touching them with her hands

and said “20 dollars”.

“Please give it to me quickly” said Della.

Oh! Next two hours passed in no time. She was looking for best gift for Jim in the market. Eventually she found it. This thing was made for Jim…and no one else. Gift like this was not available in any other shop, she had searched in almost every shop of the market. It was a platinum pocket chain, simple and spotless. Like every good thing has something special…this pocket chain was unique for its material and not for the decorative design. This pocket chain and Jim had one quality in common- both were “Simple and Valuable”. After attaching watch to this pocket chain, Jim will be able to check the right time, anywhere as and when he wants. Jim’s watch was superb, but because it had old worn-out leather strap, because of which he used to feel embarrassed to check time in public. She paid 21 dollars for the chain and brought her 87 cents back.

Soon after Della reached home, her enthusiasm was replaced by logic and intellect. She took out the curling rod and started heating it. She had to repair the damage caused due to her sacrifice for love. In 40 minutes, her head was covered with short curls. She was looking like beautiful and naughty school girl. She kept analyzing herself in the mirror for a while.

“If Jim doesn’t kill me before having a second look, he would say I am looking like a singer of Koni Island. But I had no choice, what could have I done? All I had was one dollar 87cents.

At 7pm, she poured water in the kettle to prepare tea, and started waiting for Jim. He is always on time, he has never been late for home. Della was holding the chain in her hand. She sat at the corner of the table, which was kept in direction from where Jim used to enter the house. She heard footsteps on the stair. For a moment, she turned white out of fear. She always used pray silently for every trivial thing. This time she was a little louder.“Oh God! May Jim still find me beautiful! The door opened and Jim entered. He appeared weak and serious. He was just 22 and he had burden of family responsibilities on his shoulders. She needed a new overcoat and gloves. Jim stepped in so silently and carefully, like a hunter dog that has smelled a bird. He had a keen look on Della, as she shivered with fear. That look was not of anger, nor wonder, not disagreement, nor terror. He was looking at her in a strange

manner.

“Jim Darling”, she exclaimed. “Please don’t look at me like that. I have sold my hairs, otherwise I would not have been able to buy you a gift. My hairs grow really fast. They will grow to the same length as before in no time.” “Say Merry Christmas Jim! You have no idea what beautiful gift I have brought for you…Let us celebrate!”

“You got your hair cut?” Jim said it with great difficulty. It seemed as if he had to really gather his strength to understand what has happened but he still couldn’t.

“Yes, I got my hair cut and I sold them” “Don’t you like me without long hairs?” “Long hair or short hair….I am the same person as I have always been” said Della.

Jim looked around the room anxiously.

“You are saying that you no more have long hairs”, said Jim like a fool.

“Don’t look for my hairs here and there. I have got them cut and I have sold them. Please talk to me lovingly, it’s Christmas Eve and I have got them cut for you only. One can count my hairs, but my love for you can never be fathomed” said Della with affection and intensity. “Should I make tea for you?”

All of a sudden, Jim came back to his senses. He hugged Della. Then he took out a packet from a pocket of his overcoat and threw it on the table.

“Don’t take me wrong Della” He said “It doesn’t matter if you have short or long hair, or if you shampoo them or not. Nothing is more valuable to me than your love. Nothing can lessen my love for you. Open that packet and then you will understand why I got shocked at first after listening to you.

Her white fingers quickly opened the packet. She screamed with joy at first and then bursted into tears. She cried so hard that the owner of the house had put in all his strength to console her. Reason being, Jim had brought her a set of beautiful combs. She had been admiring this set of combs at a shop of broadway since long. These combs were made of real tortoise skin and had gemstones engraved at the corner, which matched the shade of her hair…which were no longer there. She always desired to own these combs but had little hope that she would ever be able to purchase them. But the hairs which were to be adorned by these combs, no

longer exist.

She held the gift close to her heart and said with teary eyes “My hairs grow really fast Jim” and suddenly after a pause she exclaimed “Oh! Oh!”

Jim had yet not seen the gift she had brought for him. She excitedly presented the gift to Jim. That colourless metal was shining bring with Della’s love.

“Isn’t it beautiful Jim? I searched for it in the entire market. Now you can look at this watch in public as many times as you want. Give me your watch. Let me see how itlooks with this chain.”

Instead of responding to Della, Jim lay down on the bed with his hand under his head and started smiling. “Della, let us keep aside our Christmas gifts for a while. They are so good that we cannot use them at this time. I sold my watch to buy you these set of combs. Let’s have a nice steaming cup of tea.”

As you know, they were wise and intelligent people, who had brought gifts for baby Jesus Christ. They had begun the tradition of giving gifts on Christmas. They were wise, so their gifts were also full of wisdom, and to avoid giving the same gift, they might have started the tradition of exchanging gifts. I narrated this boring story of a silly young couple living in a flat, who foolishly sold the most precious treasures of their house for each other. But I would like to say something to the ‘intelligent people’ of this era that this couple was the wisest of the ones who exchange gifts. The most wise and the most miraculous! Gifts are like life-saving medicine for any relationship. It is important to both giver and recipient. This world famous story of O’Henry explains to us the importance of gifts as foundation of emotional relationship.

Gifts are the most obvious expression of Love

Gifts are the physical evidence of love. In most cultures, rings are exchanged during wedding ceremony. Priest administering the ceremony says “these rings are the physical and evident symbol of internal and spiritual bond, which will bind hearts of both the lovers till eternity”

These are not just words. It has hidden meaning to it- these symbols have emotional value. May be this is the reason, when a marriage begins to fall apart it becomes more evident after husband or wife stop wearing the marriage ring.

Gifts are of various kinds…it can be expensive or absolutely

free. Price doesn't matter, unless it the price of the gift doesn't match your budget. If a millionaire repeatedly gifts a small one-rupee chocolate, his wife may wonder whether he loves her or not…or is that one-rupee chocolate an expression of love? When your family has limited financial resources, then this small chocolate will depict immense love that no amount of money can match.

Gift is something…when you hold it in your hands, you feel "He/She was thinking about me", or "He/She remembered me" or "I am so important to him/her". To give a present to someone, it is important that you think about them…this gift is the representation of thoughts. It doesn't matter how much have you spent on this gift. What matters the most is that you thought of this person and this person in important to you. It is not only the thoughts in your head that have value, instead the gift you chose based on those thoughts, the expression of love in that present make it extremely special. For men and women, gifts have different meanings. There is huge psychological basis behind gifts too. Women feel emotional connection to the gifts but men use logic in their gifts too.

Men prefer those gifts, which they may use in their daily life such as pen, watch, diary, perfume, key-chains etc. If you gift something to your manthat is expensive but not so useful, he may not like it and even become upset with you for spending so much on something not so useful. If you want to experiment with this… try and bring very expensive bouquet for your man. The moment he looks at it, he would start giving you a long lecture on economy and finances, and you two may even end up in fight. Man's brain thinks from logical perspective, he applies logic in everything. If you bring him a logically useful gift, he would like it. If he feels that the gift is just waste of money, it wouldn't impress him, nor would he respond to it excitedly, he may even get upset with you.

Men are goal-oriented too, which means if you give them one nice gift, they would remain happy for a long time. But same is not the case with women. They give points to men on every gift, whether big or small, useful or not-so-useful, which means that a woman find that man more romantic, who buys her roses 365 days of the year, as compared to a man who buys her a car once in a year. Men make this mistake of considering their counterpart of the same mindset as them. Hence they focus on planning on big gesture, or one expensive gift of use, which leaves the relationship

non-exciting for a long time.

So remember that men should buy several small-small gifts for their lady, and women should focus on buying big and useful gift for their husbands. You can buy the gift or you can make them.

Men can pluck a flower from nearby plant and present it to their wife, or buying her a greeting card will also work. If you can't buy a greeting card, you can make one…take a good-quality paper, fold it in half, give it the shape of heart and write 'I love you' on it, then mention your name at the bottom of the card. Gift doesn't have to be expensive.

Oh God! What about the person who complains that he does not know how to choose a gift? The ones who say"I have never received a gift", "I have never learned how to select a gift" "or "it is just not in my nature". Congrats! You have made the first discovery in becoming a successful love.

Do one thing- make a list of all those gifts that made your counterpart super-happy and excited. They may have received it from you or from their friends or from their family member. This list will help you understand that which kinds of gifts make your life partner happy. If you are still confused, then take help of those family members who know your partner well. Meanwhile, keep thinking of the gift ideas that are easy for you to buy, make, find or presenting it to your life partner.

Your presence is your biggest gift to your partner

Kabeer would bring wonderful gifts to his wife Neha quite often, sometimes chocolate, sometimes dresses, sometimes necklace. But Kabeer made a blunder. When Neha was in labour pain, Kabeer left for business tour to other city. Before leaving, he asked her sister to give bouquet and ring he had bought for her. After delivery, he asked for her health and baby's health on phone, and then again got busy with his work. While Neha faced the labour pain and delivered child, Kabeer met her after three days. Now Neha was upset with him. Though Kabeer had sent gifts but he had forgotten that in this situation, she did not need presents…She needed his presence. His presence with her in this crucial time would have been the best and the most precious gift for her ever, and nothing could have replaced his
presence.

Do remember to give your life partner the precious gift of your

presence and undivided attention…and do not forget that this precious gift of presence is irreplaceable…there is no alternative to that.

Be Mindful!

"You can give without love but you cannot love without giving"

Arguments are Avoidable

"Two people are required for an argument…but luckily only one is needed to stop it."

To avoid argument with our spouse, we need to remember the golden rule that our words do not hurt our partner…the way we say it does. What we say doesn't matter much, but how we say it does matter a lot. The wrong tone can break our partner's heart.

If you are trying to avoid an argument, then may be these three words may come handy- "I Am Sorry". This sentence has the power to put a full stop on the argument. Men use this sentence on rare occasions, because their human development has not taught them to admit their fault…for them admitting fault is 'defeat'. In ancient times, man was a 'hunter' and victory was necessary for their honour. This is the reason why they find it difficult to deal with failure. Even if the man loses the argument, it won't bring any peace to his wife, because now the man has started taking her as his rival. Now for him you area competitor, by whom he has been defeated.

Biggest challenge in a man-woman relationship is argument. Often husband wife start a discussion and suddenly it turns into an argument…and in no time argument takes the form of fight. Instead of talking to each other with affection, they start being as mean as possible to each other. They point out each other's flaws, weaknesses, and old mistakes to prove their point.

Argument is intended prove the other person wrong. We forget that we are two different people. The way we think, our psychology

is completely different. Hence, disagreement are inevitable, but we tend to set aside this truth, and set on to war to prove ourselves right, destroying our relationship.

Communication is an essential foundation of all kinds of relationships and argument is the most common cause of destruction. Some people never confront others or argue…they keep all their complaints to themselves, but this is also not at all healthy, as this practice would lead to cold war. This way your relationship may explode like volcano any day.

Common reasons of argument

A. Man's perspective-

•Men do not like it when their wives complain all the time and never give them the credit they deserve.

•When women blame their husbands for their own problems.

•Men expect their wives to understand every problem without telling them.

•Men do not like it when wives guide them or micromanage them in every work they do.

•Women getting upset on everything their husbands do, which in husbands' perspective is completely normal.

•Instead of praising them for their achievements, women count husbands' flaws.

B.Woman's perspective-

•When a man talk to his wife in a loud aggressive tone.

•When man does not pay attention while wife is talking about her problems.

•When men immediately try to suggest solution even before understanding the problem.

•When man forgets the task given by women, or delays it unnecessarily.

•When man responds to her lady with 'hmmm', 'ok' or a nod

•When men give logical opinion on emotional matters

Aforementioned are the major reasons that trigger argument between women and men. The matured men and women, who want to avoid arguments, should follow these simple steps:

A.For Women-

•Women should know that men are hungry for appreciation.

Even if you want to complain about something, or point out their mistake, begin the conversation with a compliment or appreciation. This will reduce the chances of argument and enhance the chances of problem being solved.

- When you blame a man for your problems, his brain considers it as his failure and his natural masculinity gets offended. This leads to more problems, arguments and fights. Hence, avoid holding your man accountable for all your problems. Let him know his achievements and their good qualities first and then tell him your problems.
- Man's human evolution as hunters makes it difficult for them to pick up subtle hints of emotions, feelings and body language. Hence, wife should be upfront and clearly communicative about her problem.
- Do not give many advices to the man, for he considers it to be his failure, and his subconscious mind will conceive you as someone dominant, or as someone who is trying to prove him inferior. This is his human tendency.
- Men want to be accepted and be trusted upon. If you feel offended by everything he says or does, he would feel that you are rejecting him.
- Men need appreciation and encouragement, but when someone starts finding flaws in him, his mind pushes him to argue with the person on logical ground in the light of his achievements and accomplishments.

B.For Men-

- Men should always try and understand the reason behind the women's stress. Men should be more consoling and reassuring towards their women, to make her believe that you love her and care for her.
- When a man talks to a woman in loud aggressive tone, she feels that he has no respect for her. A man should always explain his part in soft and polite tone. Addressing the lady with words of affection such as dear, darling, etc, further softens the conversation and drastically reduces the chances of arguments.
- Men should understand that women are not at all interested in getting their problems solved. They just want to talk it out… express themselves. So when your lady is sharing her problems

with you, do not jump to the conclusion that she wants to be resolved. Listen to her attentively and compassionately.

- When men forget the tasks given by women, they feel that men do not care about them. To avoid this situation, men should write down the important tasks given by their lady on a paper and get it done without forgetting.
- Wife should feel that husband is listening to what she is saying attentively. To make her feel so, men should ask genuine questions, and use proper sentences to respond instead of 'hmmm' 'ok'…or nodding.
- Wife wants to share her feelings with her husband. Men should understand that women do not need advice, they need love… their love and support.

Last but Important Rule to Remember:

"Finding a good partner doesn't make the marriage successful… being a good partner does".

"Dew of Love"
Marriage isn't just a Honeymoon

I like listening to radio at night while relaxing. I read journals about airplanes as well. I am often told by the media that "balance is the basis of successful marriage". Balance! If balance was the foundation of good marriages, I would have been the saddest married man in my locality!

When I and my wife were in love affair, you couldn't have found more coordinated and balanced couple than us. We were so in sync that people around us used to wonder! We were not married then. AT that time she used to love doing everything as per my choice and preference. After marriage, I learned that she has her own way of doing things that she loved.

Before marriage, she used to look into my eyes and say "Dear, I understand you really well". I used to wonder "Wow! Even I could not understand myself properly and this girl understands me so well!". I held her tight and eventually married her. And then what was the first thing I got to know after marriage? She lied.

Later I understood that she doesn't understand me at all. Though we have been for 20 years now, but now she says "You

know…the more I get to know you, the less I understand."

So we got married…I got fooled and now we are stuck here. See, I could have chosen to end the relationship and move on to someone else, but I had invested time, effort and emotions in this relationship. So I decided to make her better. But difficulty was- she also wanted to make me better.

I always knew that I was a timid mouse, but I used to think that after marrying her, my masculinity would enhance and I would get better, and before she even gets to know that she married a timid mouse, I would have already grown into a macho man. All I wanted was to hide my timidity from her till then.

See even I didn't get what I thought I was getting. Actually, we both had individual plan. She knew that I was trying to improve her and I also knew that she was trying to improve me. Initially our individual plans worked out well. I was ready to change myself and allow her to make me better, but only after I am done working on her improvements. But she ruined my plan, she was not allowing me to improve her until she is done changing me. I couldn't let her do that. Certainly, like other couples we pretended to be happy, but we couldn't fool many. We needed to learn that two people unite in marriage to grow old together. The most beautiful scene in this world is two people growing old together, discovering themselves, becoming better and more whole through exchange of love, care and wisdom. Listen! Balance or compatibility is not the key to happy marriage. It is integrity…integrity of two people, who decide to get married and accept it completely and decide to live together all their life. When my wife married me, it was for both better and worse (mostly worse), for richness or poverty (mostly poverty), for an entire lifetime (which solves most problems).

Marriage made me a husband…but I understood the meaning of being a husband after many years. After many years of married life, I could have a real conversation with my wife. No…we were not silent all these years, but our marital life was full of noises, we hardly ever used to talk about real important issues.

I have seen that many couples stay together, have a family but they do not know how to have a real conversation. Some people do not have any real meaningful conversation even with their children.

Actual communication in the family is one of the most difficult skills to learn. It required lot of efforts, little training and a little

change. I can narrate the moment when I could have a real conversation with my wife.

It is difficult to believe what I am about to tell, but I had given lectures on confidence and courage in front of thousands of people across America, but I could not gather the courage to pray with my wife and family. It took three years for me.

I was scared that they would get shocked and perceive me as too religious. But I knew that it was my responsibility to lead the family, and it is one thing that was necessary to bring my family closer. I had not understood my wife and children properly, until one day I actually started praying with my family and began to express my love and leadership quality with a little courage. I got a boon for life that night when I and my wife were praying together. No we were not singing religious hymns; we were just telling God all that we could not tell each other.

I remember that day I was upset on some trivial incident and this is the reason why it impacted me deeply. She said a prayer that night, which goes as follows "Dear God, Thank You for blessing me with such a good husband, and forgive me for not being a good wife, please help me to improve".

Her words moved my heart. I could see clearly that she was not wrong. It was me in my devil mode. I was not the kind of husband I was supposed to be. I was not the kind of father, as I could have been. What a wonderful lesson…I had only one way to start learning my lessons…by kneeling on the ground. If she would have said all that to me, I would have doubted her that he is adopting a new way of manipulating me. Key to successful marriage is not doing special things for each other, rather it is doing special things together. It is the journey of becoming wise together, if not old. It is not about 'acting' how a husband and a wife should be, rather it is about spending life together while learning how to be an ideal husband-wife.

Dear friends, it is going to hurt. You'll have to pay the price. Many youth have a myth that marriage means honeymoon. Honeymoon? It is a war field! But this time, both of us are winning, because I am learning now what it means to be a husband. I am happy that she did not give up on me, because now we both have learnt that what it means to make the decision to sustain marriage, and we would do it till death do us apart! This is the true meaning

of life.

—*Charlie Jones*

Excerpt from famous book 'Life is Tremendous'

Common Mistakes of Men

Why do we associate our self-worth to our productivity or our work so soon? Because we have learnt that it is not enough to be human, we have to make a lot of effort to win approval and validation from others.

Dr. Ellen Loy's Experience here is worth contemplation-

One of my patients was extremely successful in his career but his personal life was unsuccesful. He use to tell that he has grown up in such a family, where work was everything…always a top priority. He told me that "My parents were puritans. They never used to attend parties or dinner and had limited social contact. Work was everything for them.

"When my sister and I were kids, we were hardly every kissed or hugged. Our parents never used to make any special expression of love. Certainly they loved us, but they avoided much of physical expression of their love. They were worried that we would grow up to be haughty and rude, hence the quality of politeness and humility was always emphasized and we were hardly ever praised"

"But I knew that if I mow the lawn nicely on Saturday, Dad would tell my mom on dinner table – Tom did a wonderful job at lawn today, isn't it?"

A child can do anything for appreciation. This is the reason why it is not difficult to imagine how dedicatedly tom would have worked on the lawn. "I used to mow the lawn in one go, but it didn't used to satisfy me. I would always redo the mowing work from one end to another in every angle. All this hard work I did was for a small compliment at the dinner table."

When I was 11, my cousin offered me work at his machine

shop. I used to work on every day of summer, brooming, dainting-painting and other various works. I was so workaholic that by 11 years of age, I had already become an ideal employee. When my dad used to return home after talking to my cousin, he used to tell my mom how hard I had been working at my cousin's shop and I used to soak in the warmth of these praises."

This youth grew up with the belief that his self-worth is based on his productivity, so as a grown up too he was hard working and determined. He always had two jobs simultaneously. As an adult, he would also go to college part-time to enhance his skills and employability, and get more degrees. But at last everything backfired. After getting married, he thought that his wife would also acknowledge his importance for the same reason as his mother used to do…so he went on with his hectic routine. He thought his wife would understand that he is doing all this for her. But it was a blunder, because later he came to know that his wife liked him better at home, watching television, sitting on sofa and spending quality time with her.

He said "All my wife wants from me is to be with her. She used to like me the way I am to a great extent. It was not necessary for me at all to get another degree or to work overtime or make a new record. I wish! I wish I had understood this sooner! If I had, I wouldn't have got divorced."

Aforementioned incident clarifies that a man maintains the same behavior with his wife/girlfriend, as he has had with his family members. Man lives in hope that his achievements/habits/gestures, which pleased his parents and siblings, would also please his wife. He lives with the belief that one can win everybody's heart with the same kind of achievement or behavior. But that is not always the case. It is possible that the promotion you got at office may make your father proud, but it may upset your wife for the reason that you would now be even busier than before. Your mom may praise the new suit you are wearing for office, but your wife might be anxious about your female colleague hitting on you, as you are looking so attractive. Your rules and regulations may seem commendable to your friends, but it the over-discipline might bore your wife.

- So the first mistake men usually commit is adopting the same way of pleasing their wife, which they use to gain appreciation

from their family and relatives.

- Second biggest mistake men make is of not listening to their ladies, whereas women really want to talk their heart out to their life partner. Women feel light after talking about their problems, even if the listener doesn't respond much to their problems.
- Third mistake they make is of listening to their women with logical filter and immediately switch into their savior mode… trying to solve her problems. Woman neglects the solution suggested by the man, and continues talking, which upsets the man as it makes him feel foolish. Men need to understand that wife doesn't need his solutions for her problems. She just wants to be heard.
- Men are interested in solving problems, they do not have patience and interest in listening, so they cut their wives' conversation short and start suggesting solutions. This makes women more angry and upset than happy.

- Fourth most common mistake is of perceiving only sex as love, whereas sex is just a small part of love. They consume contents of films, daily soaps and news about relationship ending because of sex, and then find various tips and tricks to improve their sexual prowers. He consumes expensive medicines, but it still doesn't help in strengthening the relationship. Reason being, he is trying to make the relationship stronger only through sex, while woman is consideringthe sex with his rude attitude as animalistic and emotionless. Sex without love makes women feel as if she is only a sex object. Men often forget that sex is not that important for the couples genuinely in love, nor do they feel the need to prove intensity of the relationship.

Common Mistake of Women

We have learnt about the physical, mental and emotional difference between men and women in this book so far. Women also make number of common mistakes in case of men, which creates bitterness in the relationship. If we understand these mistakes and do not repeat them, our relationships can become many times better than at present.

- Most common mistake women commit is that they want to talk to their man as much as possible. They think that more communication would create emotional attachment and strengthen it, whereas men believe in short and crisp communication and immediate solution. So women should try and keep their conversation short, simple and to the point.
- Second common mistake of women is asking number of questions from men. She feels that asking questions would help the man open up and she would be able to support him better, whereas men hate answering questions. You may try and experiment if you want. As soon as husband comes home, ask about 10-15 questions, and see his reaction.
- Third common mistake women make is giving unwanted advice to men. It is masculine nature to achieve goals, be successful and prove his competence. If someone gives him advice, he perceives it as his failure and considers the person as his rival.
- Fourth common mistake of women, which is in fact blunder, is comparison. Women compare their husband with other men,

which becomes the crucial cause of declining love in a relationship, as men take it as defeat. And the umpire declaring their defeat becomes enemy for them, as he has not declared result in his favour.

- Fifth common mistake women make is complaining about their problems all the time. When women talk about their problems all the time to their husbands and their relatives, men take it as their defeat, because since ancient times, only theman, whose wife and children are happy, well-fed and secured, was considered as successful, while the man, whose wife and children are unhappy was considered as unsuccessful.
- Sixth common mistake of women is that they constantly try and correct their husband's mistake. This behavior of wife makes the husband feel unloved. He feels that he loves her so much and works hard for her but she still finds fault in everything. When his subconscious absorbs this information, his love for his wife declines.

"Dew of Love"
A story for couples

Larry and Ann were an ordinary couple…living on the side of an ordinary road in an ordinary house. Like any other ordinary couple, they too had their own share of struggle to make their both ends meet and provide a good upbringing to their children.

They were ordinary for one more reason…they used to quarrel like any other married couple. Most of their conversations were based on the flaws in their married life and who is responsible for it.

One day, something unusual happened. Larry said to Ann, "Ann do you know, I have a magic drawer. When I open it, I find it full of clean socks and underwear. Thank you for doing this for me all these years." Ann looked at Larry suspiciously and asked "What do you want from me Larry?"

"Nothing", he said, "I just want to tell you that I am grateful to you for this magic drawer"

Larry has acted weird many a time before, so she didn't pay much attention to this one and forgot about it. But after some time, similar incident happened

again.

“Ann, Thank You for writing so many correct cheque numbers on ledger this month. You wrote 15 out of 16 cheque numbers right. It is a record in itself.”

Ann could not believe her ears. She kept her needles and stitching work aside, looking at her husband in amazement. She said, “Larry, you have always had this complaint that I don’t write cheque numbers correctly. What is the reason behind sudden change in your behavior.”

“There is no reason behind it. I just want to tell you that I acknowledge and value your efforts”.

Ann nodded and got back to her stitching work, wondering “What has happened to Larry?”.

However, next day when she was about to give cheque to at general store, she had a keen look at her chequebook to verify if she has written the cheque number correctly. She thought, “Why am I suddenly so concerned about filling cheque numbers correctly?”

Ann tried to let this incident go, but this weird behavior of Larry continued.

One evening, Larry said “Ann, dinner was delicious. You are a great cook. I think you have made more than 14000 meals for me and my kids in last 15 years. I really appreciate your culinary skills.”

In another incident, Larry said “Ann, our house looks sparkling clean today, you must have worked really hard to make it look so clean and beautiful” also “Ann, being with you is such a pleasant experience”.

Ann got a little worried now. She wondered “Why isn’t Larry pointing out my mistakes anymore? Why isn’t he criticizing?” Ann was in deep contemplation about her husband’s behavior. Their 13-year-old daughter was also finding her daddy’s behavior odd and unusual. She said to her mom “Dad has gone crazy or what? He just told me that I look pretty. Despite this bad make-up and weird outfit I am wearing, he called me pretty. Dad was so critical about everything earlier? What has happened to him? What’s wrong?”

Whatever might have been the “wrong” here, Larry didn’t change it. Every day he was focusing only on the positive aspects.

As few weeks passed, Ann got used to the new behavior of her husband and she even started to respond with “thank you” on his

compliments. She was happy with this change. But one day, something absolutely weird and unusual happened.

Larry told her “Ann, you take rest today. I’ll clean the dishes. You leave the pan and go out of kitchen. I’ll take care of this.” Long pause!!!

“Thank you Larry…Thanks a lot!” Ann was happy and excited. Her confidence got enhanced tremendously. She even started humming songs…she was found in good mood most of the times these days. She thought “I love this new behavior of Larry”.

Story would have ended here, but one day something more shocking happened. This time the ‘unusual’ words were said by Ann.

She said “Larry, Thank You for working so hard for our family and taking care of all our needs and comfort. This is the first time I am telling you that I really really appreciate your hard work and care.”

Ann had asked many times, but Larry never told the reason behind the dramatic change in his behavior. It remained an unresolved mystery. But I would always be grateful to Larry for this change.

Because it’s me, Ann!

—Joe Ann Larsen

Deseret News

How can husband and wife keep the spark of love alive in their relationship?

When someone falls in love…your passion, your obsession is at its peak…a state or pure bliss! We go crazy about each other. We think about our love all the time…while eating, while lying in bed trying to sleep. They are the first thought when we wake up and we are always craving their company, their presence. We lose sleep in excitement. When we hold hands it feels as if our heartbeats are in sync, our minds are on same wavelength, our souls merge…an absolute romantic experience…one soul in two bodies.

A person in love gets into the delusion that his/her love is the best person in the world. Parents, siblings and friends can see your beloved's flaw, but the lover's eyes overlook everything. Friends would not tell you about their flaws unless you ask them upfront. It rarely happens that a person takes opinion of his friends about his girlfriends, because in his eyes she is his dream girl and ideal woman, so he hardly cares about others opinions. Girls also stay in the belief that their lover/boyfriend is the most handsome, competent and caring man. She thinks that people have false beliefs about him, so she ignores their opinion and assumes her man to be most innocent and simple person.

Before marriage, we dream of married life and its pleasures, we think "we'll always keep each other happy. We won't fight like other couples because we love each other truly." When we are

madly in love, it is difficult for us to believe in anything else.

We strongly hold the idea that if our love is true…it would stay forever. It would always feel this exciting and blissful. No one can come in between us ever. There is nothing more important for us than love…nothing! We'll always be in awe of each other's beauty and attraction. Love feels like the most amazing experience of life. We know and have witness disappearing spark of romance between the married couples we know, but still we have strong belief that this will not happen to us. We give ourselves reason like- "may be their love was not true".

Now welcome to the real world of marriage, where you find hairs on comb every now and then, and fights start with something as simple as white stain on mirror, or wet towel on bed/sofa, windows should be open or closed, speed of fan, why you're wearing t-shirt, why are you not excited about what I am telling you, why have you hidden your mobile, mail, social media account password from me…etc. etc. This is the kind of world where you always see dust on utensils, those silky hairs now appear itchy, collar of the shirt seems dirty, and nothing seems perfect. In this real world, one harsh look can cause hurt and one spiteful word can break heart. The most intimate lovers turn into malicious enemies in no time and marriage turns into a field of guerilla war.

What happened to the 'passionate love'? Was it just an illusion, a mirage, which has brought us to the edge of bottomless pit called marriage? It is not surprising at all that couple who was madly in love till few years back, who used to claim that nothing could keep them apart, now fight their tooth and nail to prove each other wrong and curse each other without limits. The marriage you longed for so passionately, now becomes a burden for you and you start having thoughts about how to get rid of it. Now, divorce seems like only solution to all your problemsand lawyerappears to be the biggest problem solver.

Accept the fact-" It is a Myth that The Passion and Obsession of Love would Last for a Lifetime" We should be aware of the truth of love. General contemplation and use of common sense is enough to understand that if everyone would have been drunk in love…we would all have been in major trouble. Nothing could have been accomplished, we wouldn't have cared for anyone and no discoveries would have been made. What if Newton, Einstein and Madam Curie were so drunk and lost in obsession of love, that they

couldn't think of anything else? Would the discoveries such as gravity, theory of relativity and radium have been possible then? Not at All! Do you think Alexander would have been great then? Do you think our country would have got its freedom, if revolutionaries loved only their beloved and not the country?

Psychoanalyst M Scott Pack and Psychologist Dorothy Tenove and many other researchers have reached the conclusion that the obsession arising from infatuation and attraction cannot be termed as Love. Dr. Tenov has coined the term 'Limrance' for this condition, so as to differentiate it from 'true love'. According to Dr. Pack, there are three reasons why you cannot consider 'obsession' or 'infatuation' cannot be considered as 'Love'. First, it is not in our control to fall in love, our conscious thought-process or decision making abilities do not work in this case. We cannot make ourselves to fall in love, no matter how much we try. On the other hand, no matter how much we try to stop ourselves, but falling in love is inevitable. Often, we fall in love with unexpected people at unexpected time and place. We may not want to agree with this conclusion, but people who have been in obsession of live and have come out of it certainly agree that this experience takes us to an amazing world of feelings and emotions, which we have never seen before. This experience affects our logical and intellectual capabilities…we say and do things which normally don't. After we come out of our emotional overwhelm, we wonder why did we do or say that? When the ride of emotional rollercoaster comes to an end, and we land on the ground reality, our differences and disagreements surface and we start questioning ourselves "Why did we get married at the first place? We hardly agree on anything!" Interestingly, when we are riding the waves of emotions, we feel that we are in total sync with our lovers; we agree on everything… at least everything important. And at this point, we see two options:

1. Living in a marriage full of compromises and disappointments.
2. Finding a new partner and leaving the present one.

• • •

If you have a look on statistics of USA, you'll find that 40% of the first marriages in America end up in divorces. Likewise, 60% of the second marriages and 75% of the third marriages end up in

divorces. Clearly, this data does not support our imagination of satisfaction with second and third marriages.

Research studies show that the third and better option is: Accept the reality of obsession part of love and know that it is temporary emotional overwhelm…and with that acceptance, begin the journey of true love with your partner. This kind of love is more affectionate and emotionally stable in nature and doesn't fall into the category of obsession. This love emerges from the balance of intellect and feelings. It is a voluntary work that necessarily demands discipline. Our basic need is not the obsessive love, instead it is the real affection and care by the other person. We need Love that has not developed just from sensual desires but from logical decisions, where both mind and heart are actively involved.

This kind of love needs effort and discipline. It is our self-motivated effort to benefit the other person. In this kind of love, we get consciously involved with knowingness that our efforts will enrich the life of other and we feel fulfillment in doing so… satisfaction that we really love each other. This doesn't necessarily require 'obsessiveness of romantic love'. Actually, true love cannot be experienced until this phase of obsessive love comes to an end.

Be Each Other's Need

If you ask me which is the most common scene in Bollywood movies, I would say the scene where hero saves heroine from goons and they both fall in love with each other and from that moment their love story begins. It is often said that cinema is the mirrors of society. I won't talk about any other aspect, but this formula of rescuing the damsel in distress is being used since ancient times and success rate of this formula is nearly 100%. The biggest example to prove this point is the love story of Sunil Dutt and Nargis. They fell in love after Sunil Dutt saved Nargis from fire mishap at the set of movie Mother India. It was a real life incident.

Moral of the story is women prefer those men, who are strong, who listen to them attentively, compassionately and solve them skillfully, and men prefer those women who trust them, depend on them and seek help from them. When a man feels his wife doesn't need him, his enthusiasm begins to decline and he becomes inactive day-by-day. In such cases, woman feels that her husband has no love or interest in her, so she also gets tired of providing love all the time. But when man feels that his wife needs him and woman feels her husband has her back, their relationship begins to flourish.

"In the beginning of any relationship, a woman can tell her man with her eyes, how much he makes her happy and content. This gives courage and power to the man to come closer to her. Unfortunately, once they get into a relationship, women forget that this expression of her through her eyes is still very important to him."- John Grey

When a man feels that no one needs him, he stops paying attention to that relationship. In love, a man's biggest inspiration is "someone needs him". If wife begins to express that she needs her husband and cannot live without her, husband feels deeply motivated to fall in love with her all over again. This is 100% fact that if you want to kill someone moment by moment, they make that person feel that no one needs him/her.

Men also need to understand emotional support is extremely important to women. Women may survive without food, but not without a companion that offers emotional support. A woman wants to feel that they are not alone, because she has a companion, a true lover and a friend in her husband. If a man understands this psychological aspect

of a woman, he would receive immense love from her wife…forever. When someone makes a positive change to improve the relationship, the other person involved also has to make a change. So you take the first step, make a fresh and positive start to achieve good results.

Freedom cannot be achieved without chains of love

We are in a busy market, amid a lot of people, under open sky, in the open space, but still we are longing for home, why? We are here is such spacious place, in ipen, free…but we want to go home. We are so eager to be with those 4-6 people under that roof of 1500 sq ft, why? Because those people…wife, children, parents, siblings, who love us, live there. If you stay out of home all the time, amid a number of people except the ones who you love, what will happen? Would you then call yourself free or detained? You'll feel detained because freedom is not possible without love.

A lover was put in jail. He is in prison. Now his beloved lady is also put in the same jail as punishment. What will happen now? Would that imprisonment feel like imprisonment to those lovers? Would they feel happy or sad? That jail would feel like an open sky to them…where they can fly without fear. Company of the beloved would make them feel freedom in that prison, whereas in separation, even a grand palace or open space would feel like jail to them.

If a person feels unloved and unwanted, life would appear like lifetime imprisonment to him/her. Life would become hellish. Fire of loneliness would burn his/her soul, he/she would feel alone in the crowd and even flowers would prick him/her like a thorn. But what is someone starts loving them? He/she would feel free. Imprisonment would come to an end, loneliness would disappear, physical and mental ailments would begin to disappear, he/she would start feeling special. So we can conclude that our loves are like punishment without love and we feel free only after being chained in love.

A seed is buried in ground. Our eyes and mind perceive it as defeat of seed, the soil is dominating the existence of the seed. But under the soil, the seed would sprout and its tender stems would gently come out of the rough layer of soil. Seed is not slave to soil, rather their relationship defines freedom. Roots are not chaining the seeds, it is that beautiful and nurturing connection that keeps the seed alive.

Love says that there is someone, who would always stand by me in any situation. This feeling sets us free from the fears of

loneliness and fear. I have found this common factor in all the patients of phobia and loneliness i.e. 'Lack of Love'. Loneliness and fear cannot coexist with love. When you are in love with God, you would never feel alone or afraid. As you dive into the river of love and faith, fears are washed off. No fear or phobia can stand the powerful existence of love and faith. Psychiatrists dealing with patients of phobia should always keep this fact in mind. Love breaks the prison of thoughts. A person in love is free from all the attachments, and what is introduced to him as 'attachments' are actually responsibilities. It is foolish to confuse responsibility as attachment. For example, you love your child, so making arrangements for his education and nutrition is your responsibility…not 'burden' or 'attachment'.

> *When you are in love, distance from beloved feels like a punishment, while company of lover alone feels like a prize. We wish to meet our beloved alone, away from the noises of the world. Yes…and this private time is not just the necessity of lovers, but it is important with everyone we love, where we talk to them and listen to them openly and wholeheartedly. When we meet people we love at a public place, it doesn't make us feel that satisfied. Why? Because we crave quality time with people we love.People in love know that there is no freedom without the chains of love. If you have ever been in love…you know what I am talking about.*

Four Measures to Keep Love Alive

1. Appreciate

"One of the most compelling human needs is the need of feeling appreciated"

– William James

Appreciate your life partner as much as possible. Appreciation encourages your life partner to be better and love you even more. Every time your life partner does something good, appreciate him/her. The more you appreciate your better half, the more you reap the reward of being appreciative in the relationship.

Not just on their face, appreciate them behind their back too. You may want to appreciate your partner in front of others in his/her absence as well. Sooner or later, when your partner would come to know about it, they would feel loved and get inspired to shower more love on you. Talk about your spouse nicely in front of your in-laws, parents and friends. When they would convey these compliments to your spouse in usual exaggerated manner, you'll earn more brownie points to receive their love. In presence of your spouse, use positive words. Whenever you get an award or honour publicly, make sure you share it with your life partner. You may also want to write a letter using positive words so that they may read it again and again.

2. Gifts

We have an entire chapter in this book, in which we have learnt about the importance of gifts in a relationship.

3. Give Time

Give more time to your spouse…quality time…moments of affection and intimacy. Giving time doesn't mean that you both have to exist in the same place…it means that you both are present in the moment … being with each other. Talk to each other, look into each other's eyes, take long walks hand in hand, keep your head on their lap and talk to them, give them the touch of love….express your love in all the beautiful ways you can.

Being together means focusing on each other. Some couples think that they are spending time together, but in reality they are just being in the same space, not necessarily 'with' each other. They live under the same roof but they are not together. Husband watches television or reads newspaper while talking to his wife, instead of spending time only with her…he is not giving your undivided attention to his wife.

When you do something together, all your focus should be on your partner. The activity is not important, the emotional intimacy, the feeling of togetherness matters the most.

If husband and wife are working together at home, focus should be more on spending time together than the work. When you do an activity together, it shows that you care for each other and like spending time. While being with your life partner, you should keep in mind that it is not just the time, you are spending your life together. You cannot have this time back…so do realize that it is not the time…you are giving your life to your partner, which is invaluable and incomparable.

4. Communication is the key

When we communicate, we share our experiences, thoughts, feelings and desires with each other. We may include normal day-to-day conversations such as 'please make me a cup of tea', 'I am having headache', 'What do you want for breakfast?' 'You want lunch for office or not', 'please drop kids to school' etc etc. But the actual meaningful communication happens when you relax together or work together while sharing your experiences and emotions with each other like- 'My life was so dull without you' 'You work so hard to keep us happy and our lives have become comfortable, you are so sweet' 'I know you get tired doing all these household chores, had I been that

rich, I would have appointed servants to make your life easy' etc.

Without communication and expression of our loving emotions, love in the relationship would lose its spark...

Keep Following points in mind while talking

- •First and the most important rule is - Listen attentively.
- •Let them complete what they have to say, do not interrupt in between.
- •Look into your life partner's eyes while talking.
- •Empathize with them.
- •Use complete sentences to answer questions instead of 'hmmm' 'okay'
- •Give them your undivided attention.
- •Pay attention to your body language while talking to your partner.

Last But Not The Least :
You Don't Keep Account of Mistakes in Love

"Dew of Love"

importance of life partner.

There was a workshop in college on happy married life. Some married couples were participating in this workshop. When Professor came on the stage, he saw couples cracking jokes on marriage and laughing. He said let's play a game at first, we would talk about the topic later. He called a young man at stage and said "write names of 25-30 people you like the moston this black board".

Young man started writing the names. First he wrote down names of family members, then friends, colleagues, neighbours and some favourite acquaintances. Now the professor said- "Wipe of five names off the list that are least important". He wiped off the names of acquaintances. Then professor asked him –"wipe off five more names from the remaining that are least important". Man wiped off the names of colleagues. After repeating the exercise certain times, names of only five family members were remaining- parents, wife, son, daughter.

Now the professor asked – “Wipe off two more names from the list”. The man was confused now. After contemplating for a while, he managed to wipe off parents name with a heavy heart. People in the audience were stunned. They knew that this game was not just for that man on stage, in fact the entire audiences were experiencing the same thing that the man on stage was feeling. Now only three names were remaining- wife and kids.

Professor asked him to wipe off two more names…the man was in the state of shock by now. After a while, he slowly wiped off the names of kids in deep thought. Now professor asked the man to take his seat. Addressing the audiences, professor said- “Can anyone tell me what could be the reason that only name of wife remained in the end from the entire list of important people?” Everyone in the audience was shocked. No one had the answer. Then he asked the man he had previously called and asked – “What was the reason behind wiping off the names of people who gave you birth and brought you up? Why did you wipe off the names of siblings and friends, who have been with you since your childhood? You even wiped off the names of your own kids?”

The man replied- “Parents have grown old. And it is a sad truth that they would leave me after a few years. Siblings and friends have a different world of their own. It is not at all certain that my kids would stay with me after growing up. They may move out as per the demand of their careers and jobs. But my wife is my life partner…my better half…who would stay by my side always. Ever since we got married, her entire world is confined to me. She is the backbone of my family…this is why I wiped off all other names except her. Professor asked the audience- “How many of you agree with this man?” There were no words in reply…. Audience gave loud rounds of applaud and standing ovation.

Lesson

Jokes apart, no one else stands by you in every step of your life except your life partner. Spouse plays an extremely important role in each other’s life. This is the reason why you should always love and respect your life partner, and never ever let this relationship turn bitter.

Now you will feel no rain,
for each of you will be shelter for the other.
Now you will feel no cold,
for each of you will be warmth for the other.

Now there is no more loneliness.
Now you are two persons,
but there is only one life before you.
May your days together be good and long
upon the Earth.
-Apache Blessing

Vote of Thanks

I would like to express gratitude to all those visionaries, researchers and writers, who have provided insights regarding man-woman relationships through their work. I am grateful to all those men and women, who shared their emotions, thoughts and confusions with the researchers for their studies, which will continue to guide people for generations.

I would also take this opportunity to thank my friends and relatives, as without studying their behavior, it would have been difficult for to develop understanding for human behavior across the world. In other words, they have been my primary school for understanding human behavior.

I heartily thank all my patients, because meeting 100 to 200 people in a day is no less than a great school.

My Heartfelt Thanks to All of You!

Writer's Introduction

Dr. Abrar Multani is a renowned Ayurveda Expert. He has been writing on health since many years. He has experience of curing thousands of critical diseases of patients.

Dr. Abrar Multani is a leading name in presenting and promoting ancient Indian medical science in a brand new way and also in busting myths regarding Ayurveda.

He is an expert in holistic healing. He is a leading promoter of Hijama Therapy in India. He has addressed many audience groups of the country.

He is founder of 'Incredible Ayurveda' and President of 'Smiling Hearts'. He is also a member of the first ever Joy Ministry's Governing Committee of the country. "Beemar Hona Bhool Jaiye" and "Sochiye Aur Swasth Rahiye" are his bestseller books. His books for Ayurveda physicians are also in the bestseller list of their category. He is a freelancer columnist. His other popular books are- "Motape se Breakup", "Pregnancy and Childcare Guide", "Beemariyan Haarengi", "Jeena Sikha Dengi", "10 Commandments of Peace", "Forget to be ill",
"Al-Hijama", "Practical Prescriber for Ayurveda Physicians",

Contact Details of Dr. Abrar Multani
abrarmultani44@gmail.com
http://www.facebook.com/drabrarmultanibhopal
http://www.drabrarmultani.com